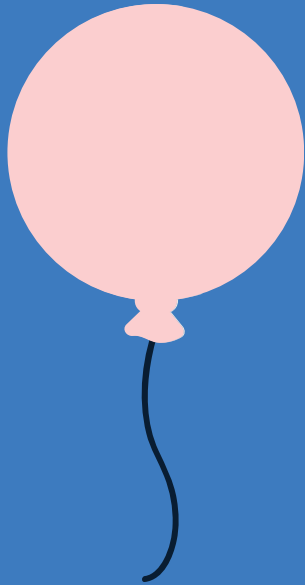


**Take Big Breaths**



**Stretch and Yawn**



**Muscle Relaxation**



**Notice 5 Things**



**Breathe from your belly and allow the breath to rise up to the top of your chest. Hold the breath for at least 3 seconds and then gently bring the breath back down towards your belly.**

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**Stretching and yawning helps awaken the body and activate the vagus nerve which is responsible for regulating your heart and blood vessels. It is also responsible for turning off the fight, flight, or freeze response.**

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**Sit, or lay down, and take a deep breath. Starting with one area of the body (foot, hand, etc) tense the muscles and then release them. Pay attention to the feeling of the tension and the relaxation of the muscles. Go through all parts of the body. Don't forget to breathe throughout the exercise.**

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**Using your 5 senses, what's 1 thing you see, smell, taste, touch, or hear?**

**This exercise helps focus on the present moment and moves attention away from whatever was causing distress.**

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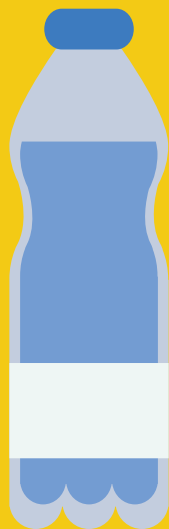
**Rate from 1-10**



**Feeling Colors**



**Cool Down**



**Journal Break**



**Ask the student how they are feeling on a scale of 1-10. Follow up with asking what is something that would help them move up to a higher number?**

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**Ask the student how they are feeling on a color scale with red being the worst ever and green being the best ever. Follow up with asking what is something that would help them move towards green?**

**Note: This is the same exercise as Rate 1-10 but for students with lower language/cognitive skills**

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**Encourage the student to take a drink of water or wash their face/hands to help regulate the temperature of their body.**

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**Using a journal, have the student write or draw a picture of how they are feeling. Ask them to write or talk about why they feel that way and to write or say one way that they can support themselves through the day.**

**Note: This is best done at the beginning of class.**

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