

Calm Down Cards

5 Senses Grounding Tool

Name: _____



5 things you can **see**



4 things you can **feel**



3 things you can **hear**



2 things you can **smell**



1 thing you can **taste**

Rest and Relax

Sit on the floor, close your eyes and cross your legs.

Feel your whole body relax.

Breathe in and out slowly.

Notice the sounds around you.

Listen to your breathing.

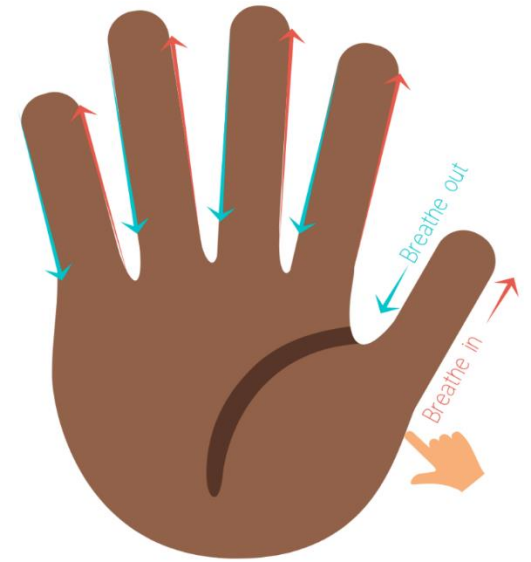
Feel your body on the floor.

Count to 30 slowly in your mind.

Open your eyes when you feel calm.



5 Finger Breathing



Wash it Away

Take some cold water and splash it over your face.

Now do the same with warm water.

Finish by splashing cold water again.



Stretch to the Sky

As you take a **deep breath in**, stretch up as high as you can.

Now **breath out** and bring your arms back down to your side.

Repeat 5 times



Balloon Belly Breathing



Inhale Fully

Place your Hands on your Belly.
Inhale and Blow Up your Balloon.
Feel your Belly and Lungs Expand.



Exhale Fully

Blow Out all of the Air in your Belly and Lungs.
Feel Your Balloon Deflate.
Notice how you Feel.

Calm Down Cards

Spiral Swirling

Take your finger and slowly follow the swirl to the middle and out again 5 times.



Mind Garden

Close your eyes and imagine a beautiful garden. Walk around it. What is there? What can you hear? What colour are the flowers? **Make the garden yours by adding things that you like.** Picture yourself here until your body relaxes.



Cake and Candle Breathing

Face your palms towards you. Imagine you have a tasty cake in one hand and a candle in the other. Take a breath in a smell the cake. Now breathe out and blow out the candle.



Category Quiz

Choose a category and think of 3 names or items for it.

Films



Cereal



City



Books



Colour



Fruit



Vegetables



Sports



T.V Show



Name It

Spell out your name. Now think of something that begins with each letter of your name.

N

Netflix

NETFLIX

A

Apple



M

Mouse



E

Electricity



Still as a Statue

Lie down somewhere comfy. Breathe in and out slowly. **Make your body as still as you can.** Count to ten...

Start to move your body by wiggling your toes. Then move your ankles. Wiggle your legs. Move up your body moving each part at a time. When you get to your head, roll it side to side gently. Now gently sit up.

