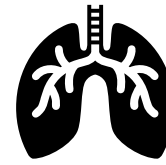


Calming Techniques Student Tool



SHOULDER STRETCH

1. Raise your hands above your head, palms up with fingers laced together.
2. Keep your arms in line with your head, look straight ahead, and relax your shoulders.
3. Hold this for 5 deep breaths in and out.
4. Then drop your arms to your sides and roll your shoulders forwards and backwards a few times.



BALL OF YARN VISUALIZATION

Imagine a small ball of yarn that represents all the tension you feel. Imagine yourself gently rolling the ball away from you. Watch as it unravels, letting the tension leave your body as the yarn unravels.

PALM PUSH

Push your palms together and hold for 5 to 10 seconds. It is a physical way to ground yourself, similar to the tree position in yoga.



SQUARE BREATHING

1. Inhale. Count to 4.
2. Hold. Count to 4.
3. Exhale. Count to 4.
4. Rest. Count to 4.

