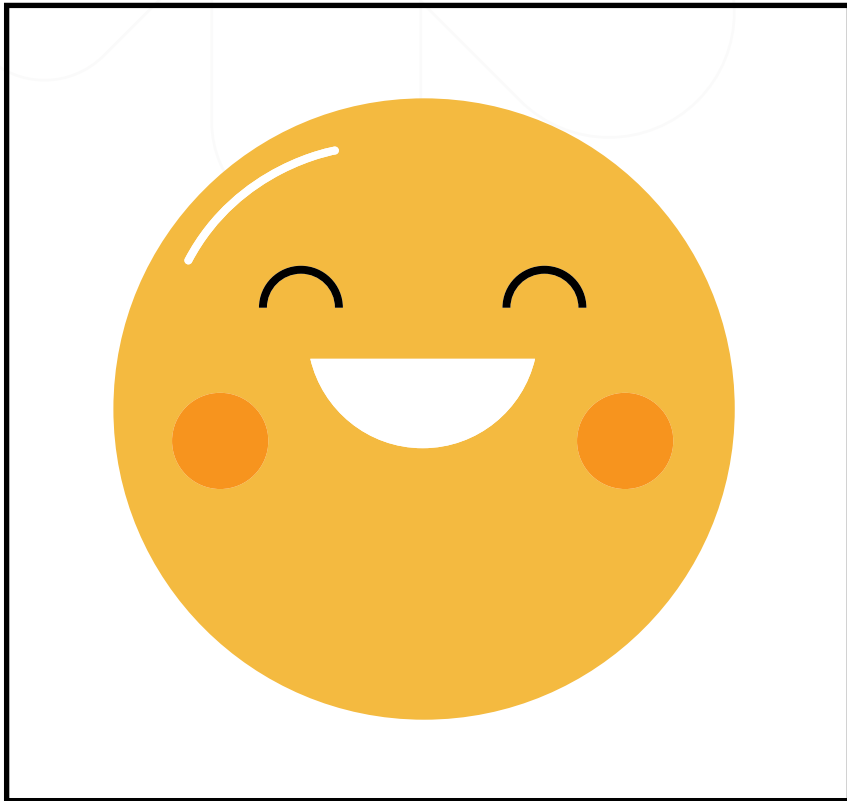
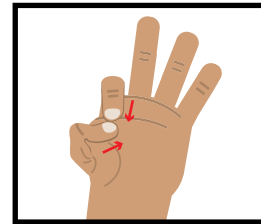
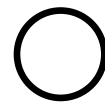


# Four Finger Affirmations

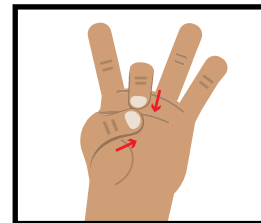
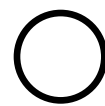
Pick four words that help you feel calm and confident. As you say each word, connect each finger with your thumb



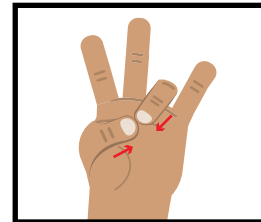
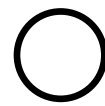
Example: "I will be ok."



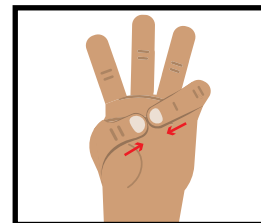
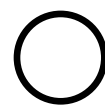
"I"



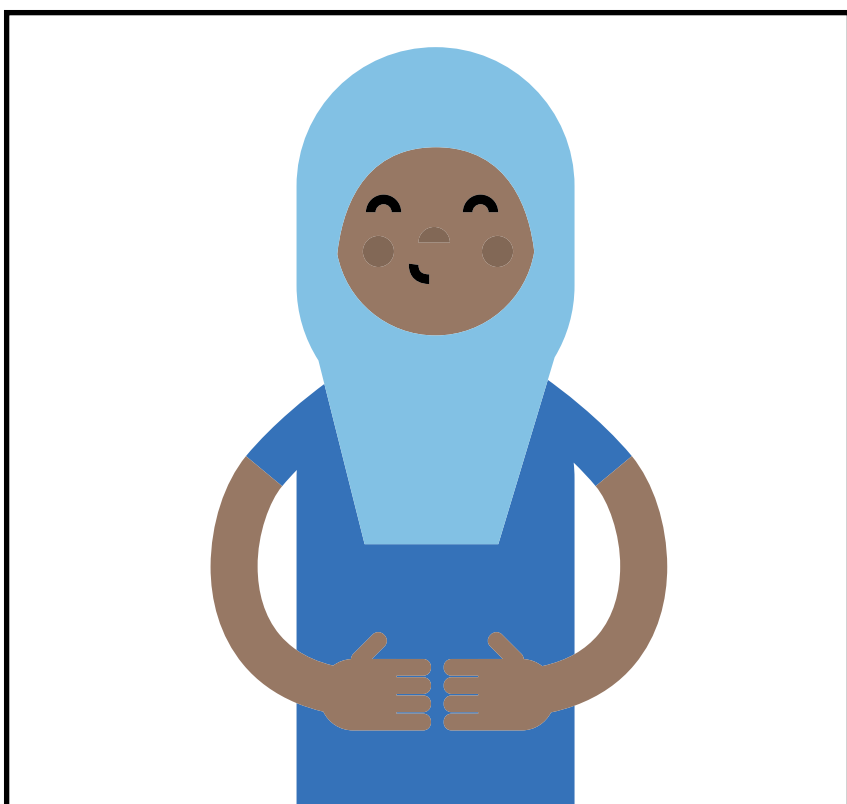
"will"



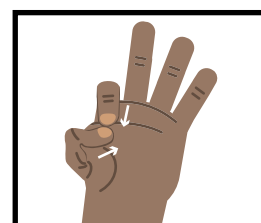
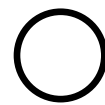
"be"



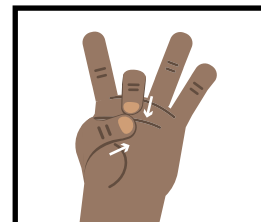
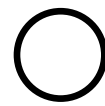
"ok"



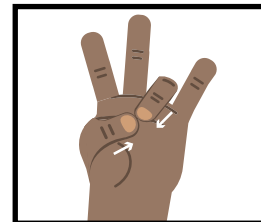
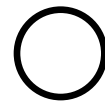
Example: "Breathe. Smile.  
Calm. Happy."



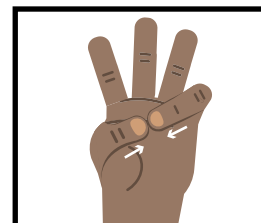
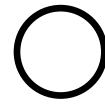
"Breathe"



"Smile"



"Calm"



"Happy"

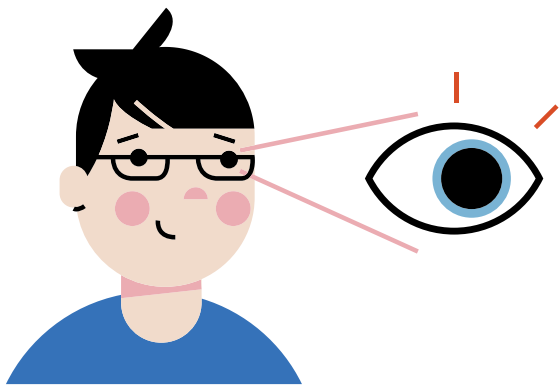


# Calm Place



**Where do you feel most relaxed?**

**Imagine you are there.**



**What do you SEE at that place?**



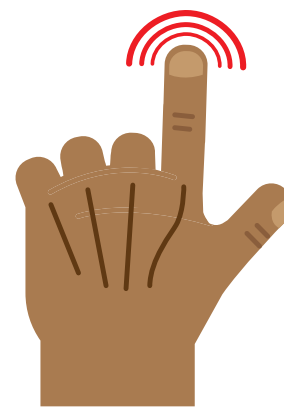
**What do you HEAR?**



**What do you SMELL?**



**What do you TASTE?**



**What do you FEEL?**



# Tense and Relax

This poster has four different rows of tense and relax activities. Do one row at a time. Consider covering the other rows to help focus on one activity at a time.

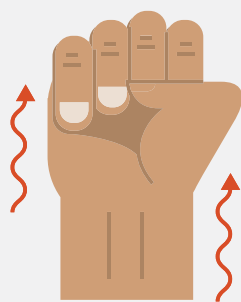
**First**



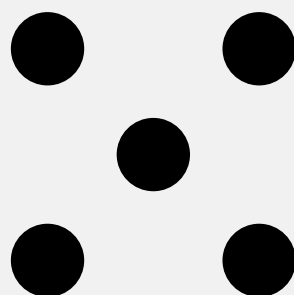
**Next**



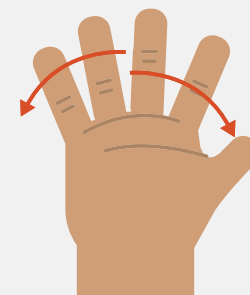
**Then**



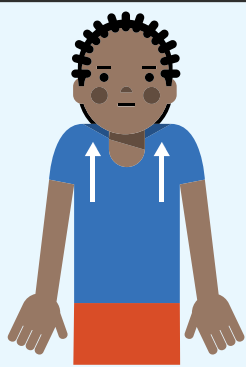
**Squeeze your hand  
into a fist**



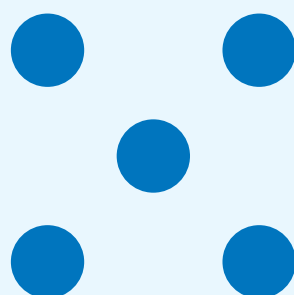
**Count to five**



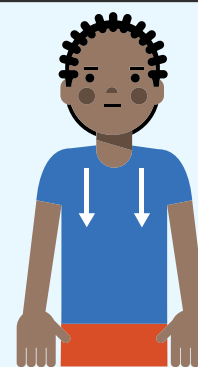
**Relax your hand**



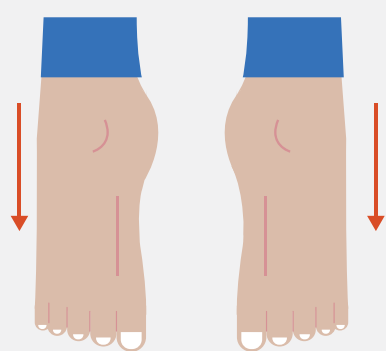
**Push your shoulders  
up to your ears**



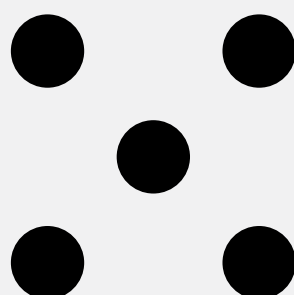
**Count to five**



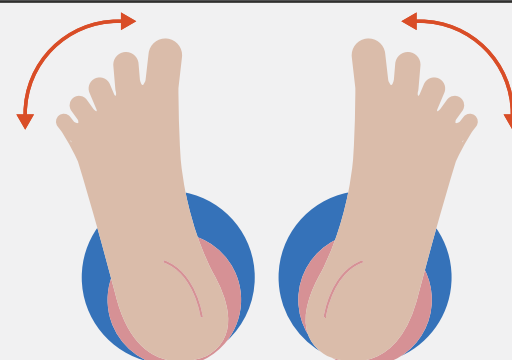
**Relax your shoulders**



**Push your feet into  
the ground**



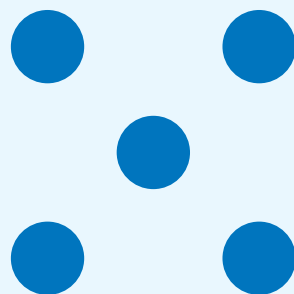
**Count to five**



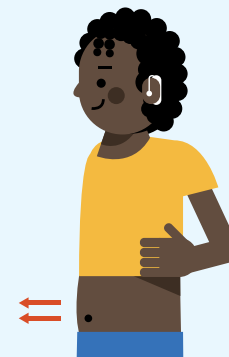
**Relax your feet**



**Squeeze your belly**



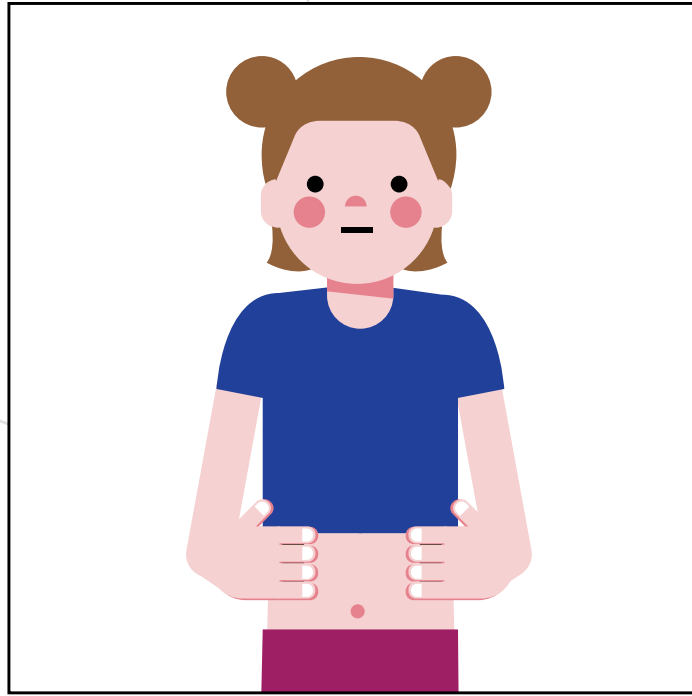
**Count to five**



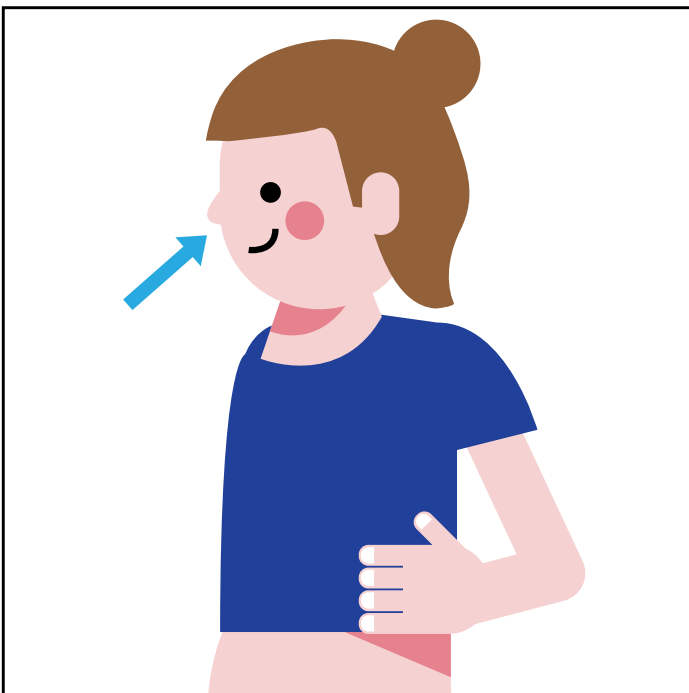
**Relax your belly**



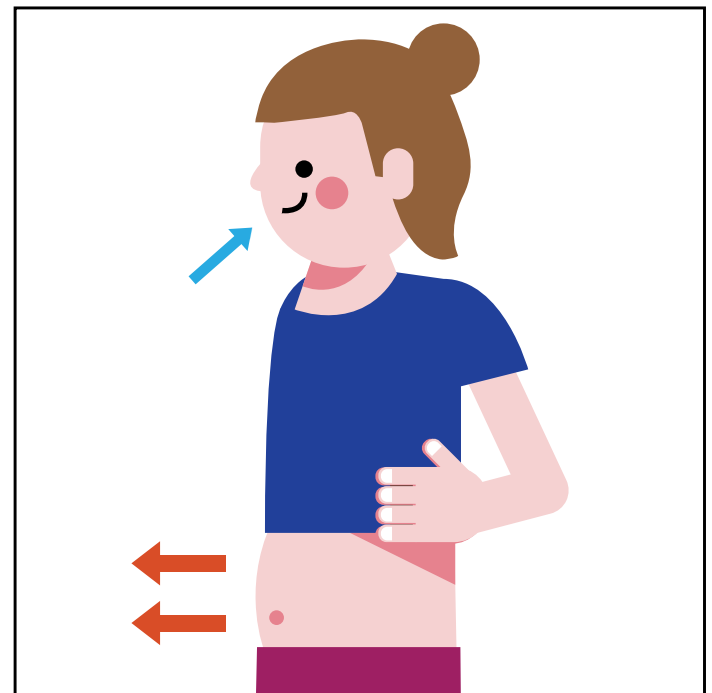
# Just Breathe



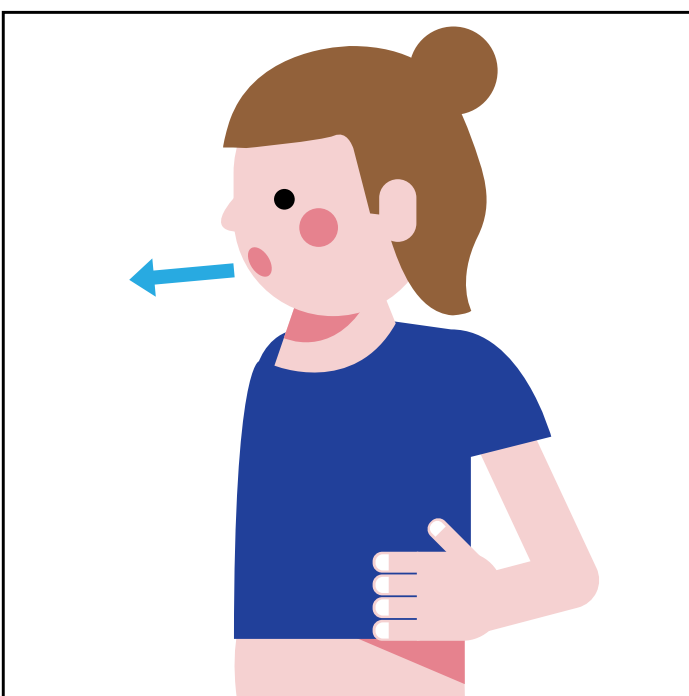
*Put your hands on your belly*



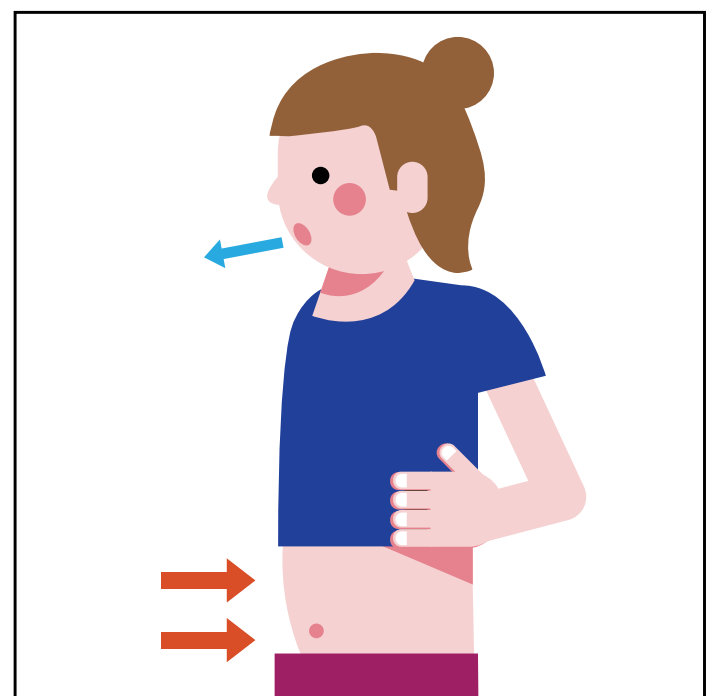
*Breathe in through your nose*



*Belly goes out*



*Breathe out through your mouth*



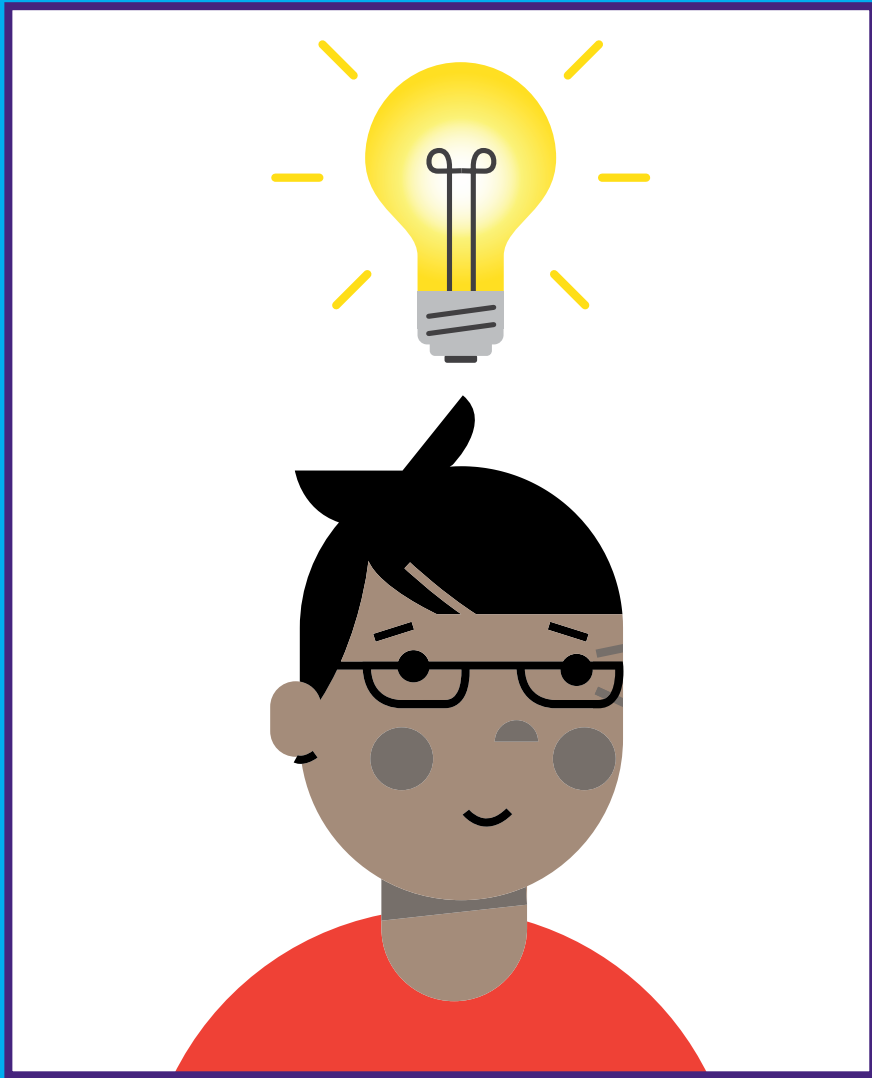
*Belly goes in*



# Gratitude Moment

What can we say **THANK YOU** for?

**THINK** about what you are thankful for:

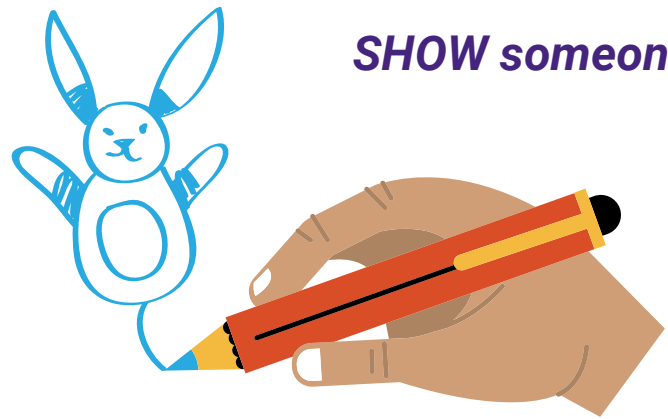


**SHARE** what you are thankful for:

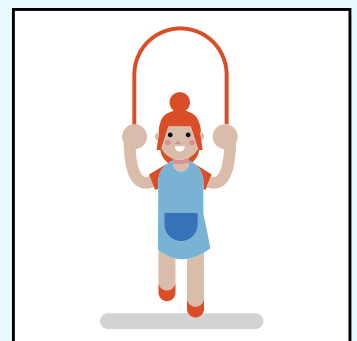
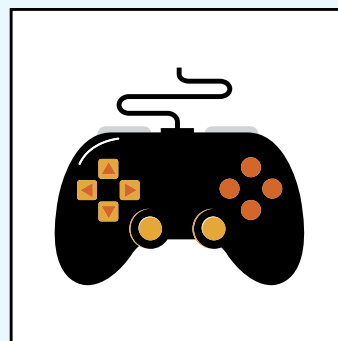
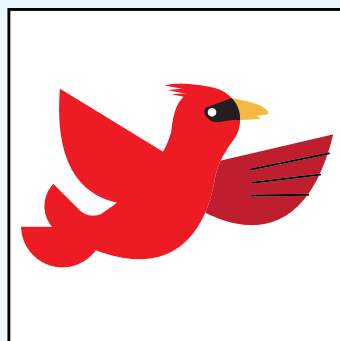
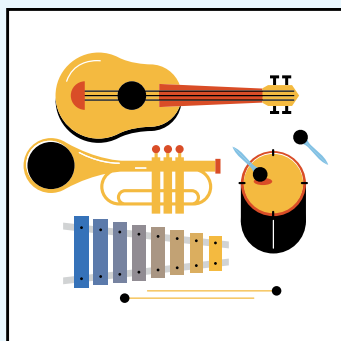
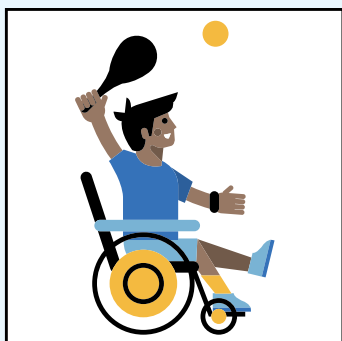
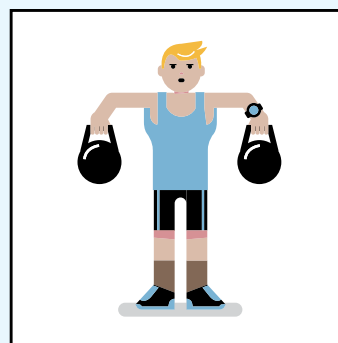
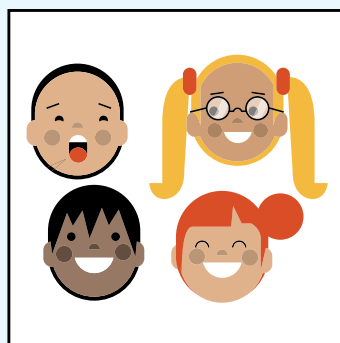
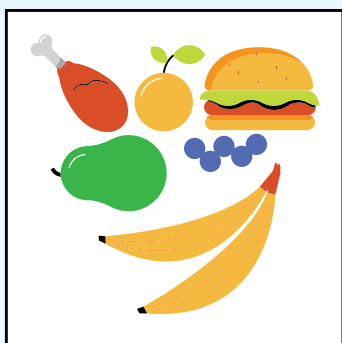
**TELL** someone



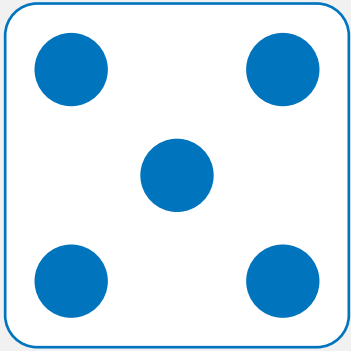
**SHOW** someone



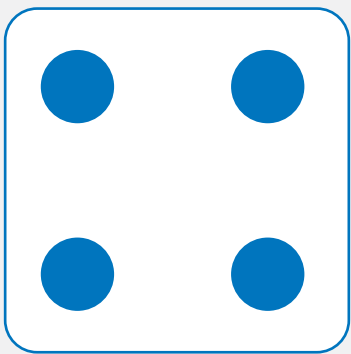
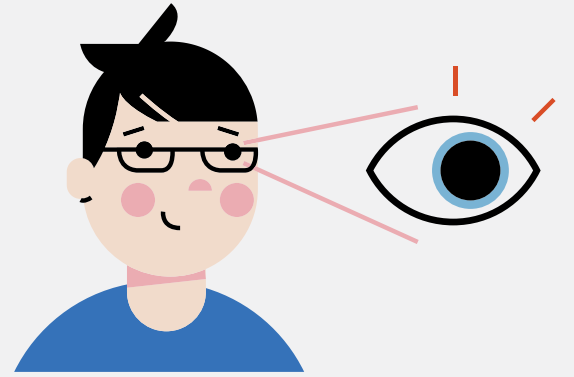
**IDEAS:**



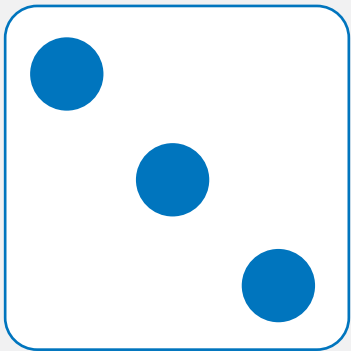
# Just Notice



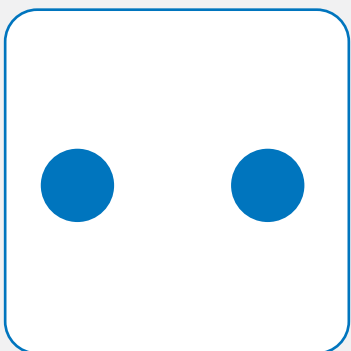
**5 things I can SEE**



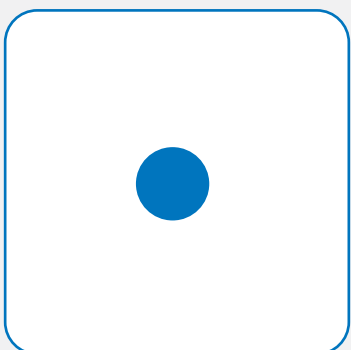
**4 things I can HEAR**



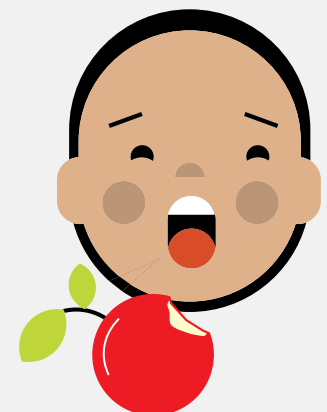
**3 things I can SMELL**



**2 things I can TOUCH**



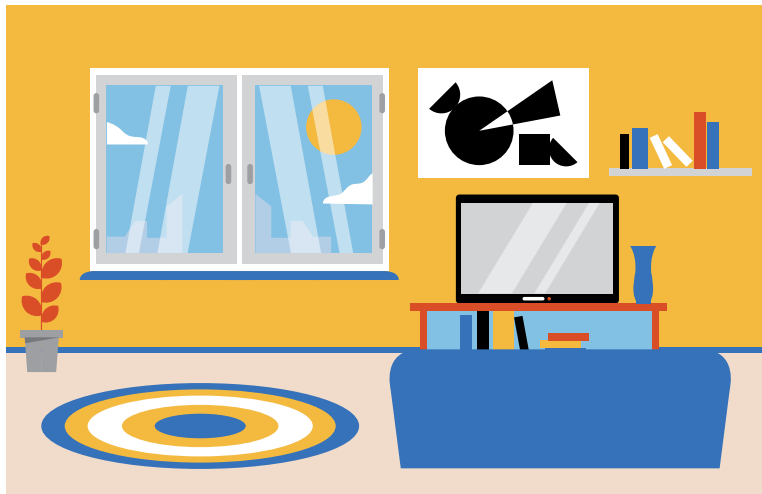
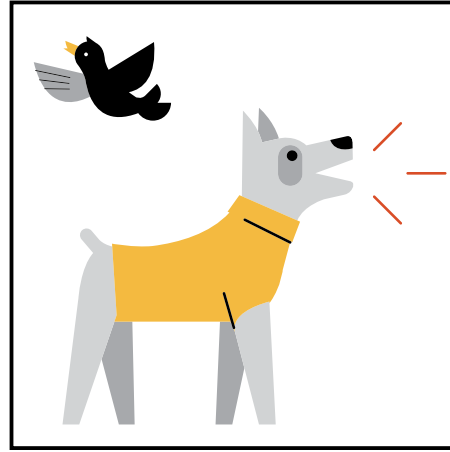
**1 thing I can TASTE**



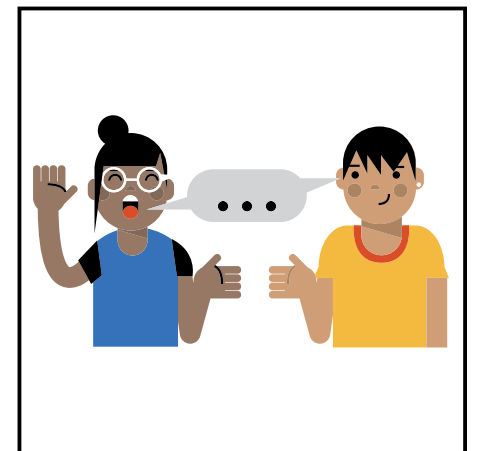
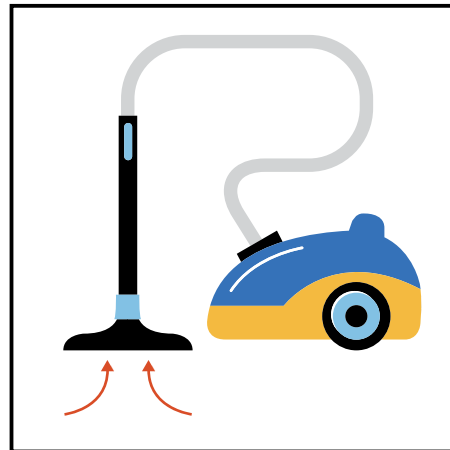
# Just Listen



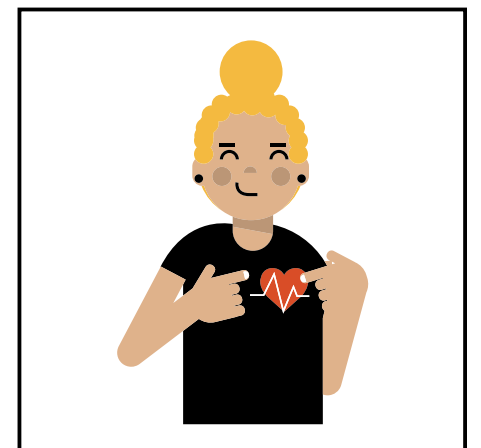
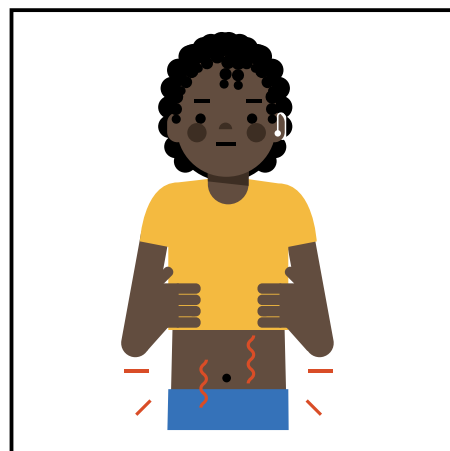
*What do I hear far away from me (outside)?*



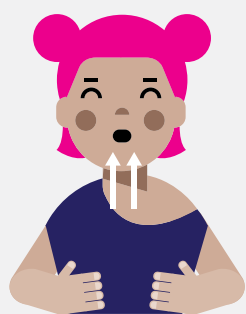
*What do I hear close to me (inside)?*



*What do I hear inside my body?*



# Let It Go



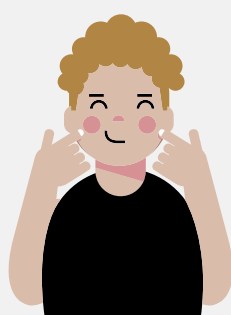
***Take a deep breath***



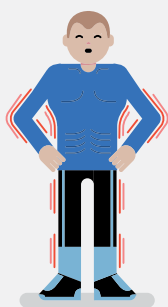
***Rub the top of your head***



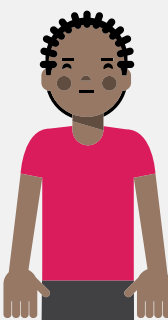
***Rub your forehead  
and eyebrows***



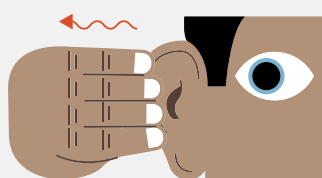
***Rub your cheeks and jaw***



***How does your body feel?***



***Relax your whole body***



***Rub your ears and  
give a gentle tug***

