



**Deep
breathing**



Child pose



Drink water



**Imagine a
quiet place**



Paint



**Blow
bubbles**



Warm bath



Watch fish

100

99

98

**Count
backwards**



Run



Hug



**Name my
feelings**



**Write a
letter**



**Play with
a pet**



**Wrap up in
a blanket**



**Count
heartbeats**



**Squeeze
something**



**Listen to
music**



Hug a toy



**Explore
nature**



**Noise
cancelling
headphones**



**Smell my
favourite
scent**



**Press and
release
palms
together**



**5-4-3-2-1
calming
technique**