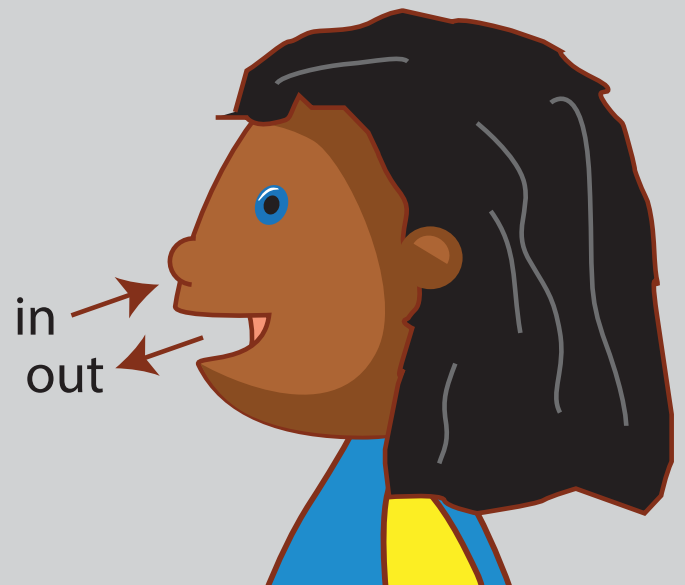
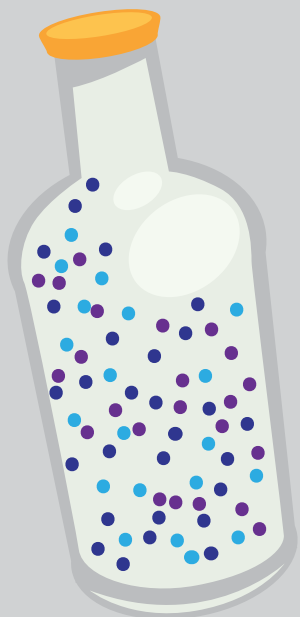


### 5,4,3,2,1 sensory collection

.....  
5 you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste.

### Finger Breathing

.....  
Trace around your hand, breathe in going up, pause, breathe out going down, pause.

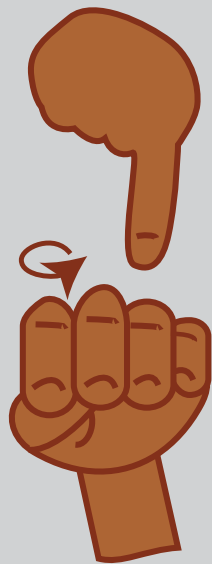


### Glitter bottle visualisation

.....  
Steady your breath and imagine the glitter bottle. Close your eyes if you wish.

### Stop and take a breath

.....  
In through your nose for 5, out through your mouth for 7. Increase to 6:8, then 7:11.



### Knuckle count

Make a fist and count your knuckles, circling each as you go starting with your thumb. Repeat starting at your pinky.



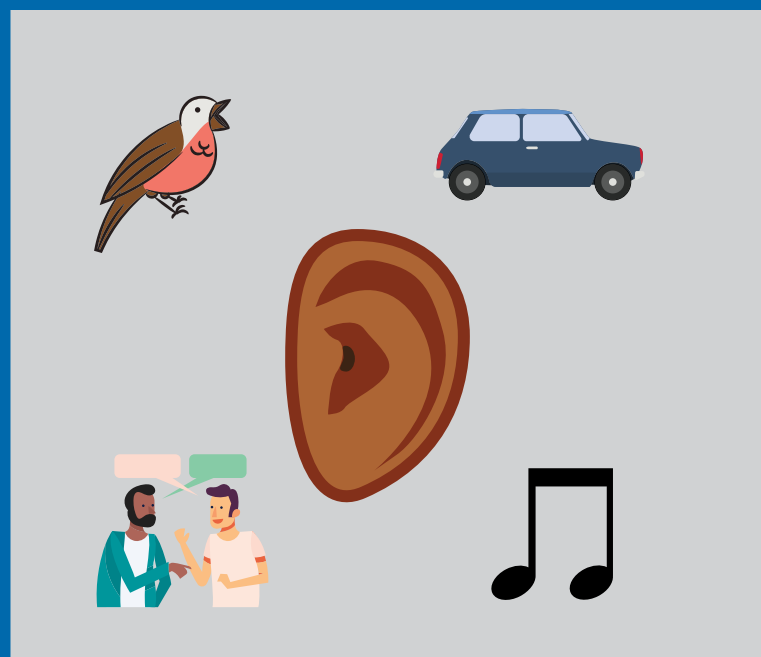
### Bubbles visualisation

Imagine blowing a huge bubble that can hold your tricky thought or feeling. Imagine it floating up into the sky and disappearing.



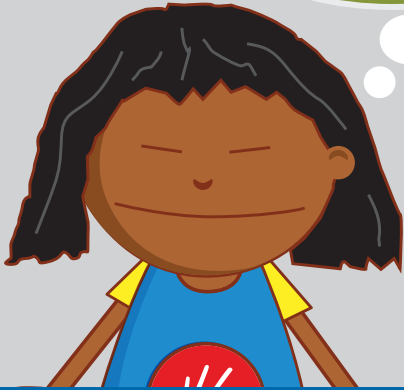
### Foot scan

Wriggle your toes. Fidget your feet. Try to notice how each bit of your foot feels. Start with your big toe and finish with your heel.



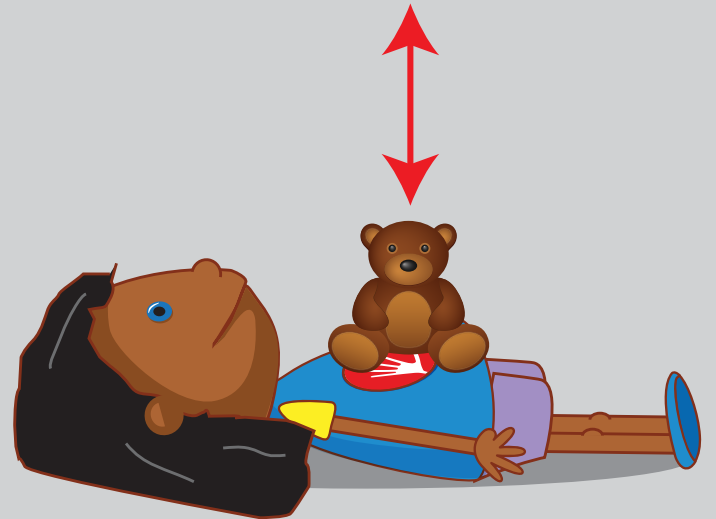
### Listen very carefully

How many different sounds can you hear? Try to collect 10!



## Close your eyes

.....  
Build a den in your mind. Tree house?  
Space station? Underwater palace?



## Breathing buddy

.....  
Lay down and place a toy or pillow  
on your tummy. Watch it rise and  
fall as you take deep, slow breaths



## Sand tray

.....  
Bury your hands in the sand. How  
does it feel? Scoop it up and let it fall  
from your hands. Watch it fall.  
Notice how it feels and what  
patterns you can make with it.



## Water table

.....  
Scoop up the water and pour it out  
again. Watch the light shine  
through the droplets.  
Can you make a tiny droplet?  
What noises does the water make  
as it pours?