

Strong Feelings Calming Plan

Take 5

Your 5 senses can help you be more mindful.

- Look around, what are **5** things you can see?
- Pay attention to **4** things you can feel (like the ground beneath your feet, the softness of your clothes).
- Listen for **3** things you can hear.
- Take a big sniff and see if you can smell **2** things.
- And finally think about **one** thing you can taste or remember tasting.



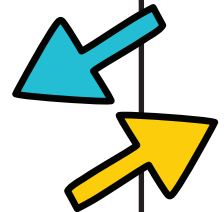
Rainbow Room

- As you take a deep breath, look around you for something that is red. What is it? Where did it come from? Breathe out as you think about that red item.
- Now take a deep breath in and look for something orange. Repeat with all of the colors of the rainbow (red, orange, yellow, green, blue and purple).



Deep Breathing

- Breathe in through your nose and out through your mouth. Feel your chest and stomach rise as you take that breath in. Feel your chest and stomach sink back towards your body as you slowly breathe out.
- Repeat 3 times.



Squeeze and Release

- Start at the top of your body and work your way down. Can you squeeze all of the muscles of your face? Now relax them.
- Now try your neck or your chest, then your hands, ending with your legs and finally your feet.
- If it helps, pretend your squeezing something (like a stress ball) or pressing into something squishy (like sand or a pillow).

