

Box breathing

WHEN TO USE

When you need to slow down.

- 1 Breathe in for four.
- 2 Hold your breath for four.
- 3 Gently breathe out for four.
- 4 Hold for four.
- 5 Go round the square three times.

Slow and steady.

5-4-3-2-1 grounding

WHEN TO USE

When feelings get big.

- 5 things you can see.
- 4 things you can feel.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you can taste.

Then one slow breath in, and out.

You are here, in this moment.

Brain break

WHEN TO USE

When your focus is fading.

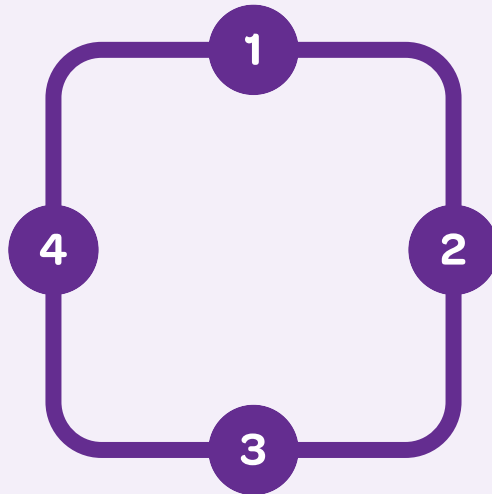
- 1 Right hand to left knee, then left hand to right knee. Keep going for four more.
- 2 Reach up high, then touch your toes. Three more times.
- 3 Hands on hips, twist side to side. Four more twists.
- 4 Jumping jacks: out and in, then four more.
- 5 Stand tall. Breathe in through your nose, out through your mouth. One more time.

Brain refreshed.

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2

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