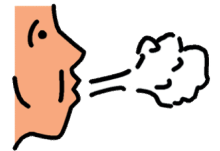


## When I feel anxious I can practice my breathing and grounding exercises

### Slow Breathing

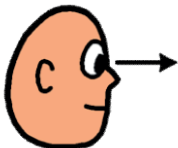


Find a quiet, comfortable place  
Sit down and close my eyes  
Slowly breathe **in** through my **nose** - 1... 2... 3... 4... 5...  
Slowly breathe **out** through my **mouth** - 1... 2... 3... 4... 5...  
I can repeat this **5** times or more



### Sensory Grounding

**5** things  
I can **see**



**4** things  
I can **touch**



**3** things  
I can **hear**



**2** things  
I can **smell**



**1** thing  
I can **taste**



I can stay in my quiet, comfortable space until I feel calm  
It can be helpful to tell someone about my anxiety  
We can then work together to find ways to make  
my anxiety less in the future

## Slow Breathing

When I feel anxious I can practice my slow breathing

1

Find a quiet, comfortable place



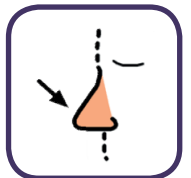
2

Sit down and close my eyes



3

Slowly breathe **in** through my **nose** -  
count in my head ... 1... 2... 3... 4... 5



4

Slowly breathe **out** through my **mouth** -  
count in my head ... 1... 2... 3... 4... 5



5

I can repeat this **5** times or more



I can stay in my quiet, comfortable space until I feel calm

It can be helpful to tell someone about my anxiety

We can then work together to find ways to make  
my anxiety less in the future

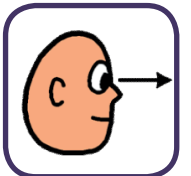
## Sensory Grounding

When I feel anxious I can practice my sensory grounding

Find a quiet, comfortable place



Find **5** things I can **see**



Find **4** things I can **touch**



Find **3** things I can **hear**



Find **2** things I can **smell**



Find **1** things I can **taste**



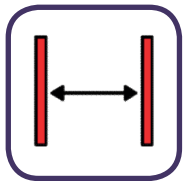
I can stay in my quiet, comfortable space until I feel calm

It can be helpful to tell someone about my anxiety

We can then work together to find ways to make  
my anxiety less in the future

## Shape Grounding

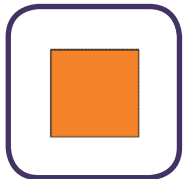
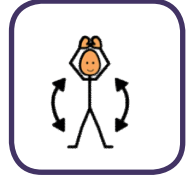
When I feel anxious I can practice my shape grounding



Find a clear place



5 Star Jumps



4 Box Punches



3 Triangle Squats



2 Crescent Curls



1 Circle Spin



I can stay in my quiet, comfortable space until I feel calm  
It can be helpful to tell someone about my anxiety  
We can then work together to find ways to make  
my anxiety less in the future