

# BRAIN BOOST PROMPTS

Try one or more of the following prompts, to reinforce coping strategies



## Breathing Brain Boost

Let's *PAUSE* and do a *Breathing Brain Boost*. To do this, we will pretend to blow petals off a dandelion. Let's do this a couple of times together.

## Quiet Time Brain Boost

Let's *PAUSE* and do a *Quiet Time Brain Boost*. To do this, let's close our eyes and sit in silence for one minute.



## Movement Brain Boost

Let's *PAUSE* and do a *Movement Brain Boost*. To do this, we can [*insert movement activity here: jump, dance, stretch, etc*].

## Positive Affirmation Brain Boost

Let's *PAUSE* and do a *Positive Affirmation Brain Boost*.

Can you think of something...

- You did today that was hard?
- You are proud of?
- That makes you feel happy?
- Something special about you?

