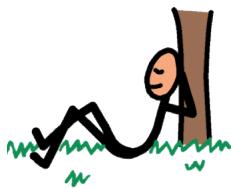
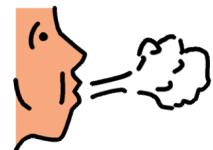


When I feel anxious I can practice my breathing and grounding exercises

Slow Breathing

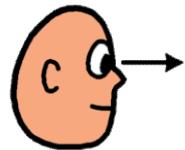


Find a quiet, comfortable place
Sit down and close my eyes
Slowly breathe **in** through my **nose** - 1... 2... 3... 4... 5...
Slowly breathe **out** through my **mouth** - 1... 2... 3... 4... 5...
I can repeat this **5** times or more



Sensory Grounding

5 things
I can see



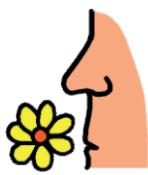
4 things
I can touch



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



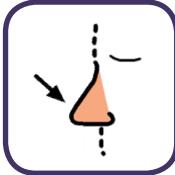
2

Sit down and close my eyes



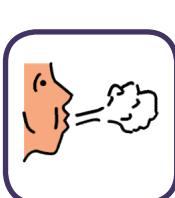
3

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

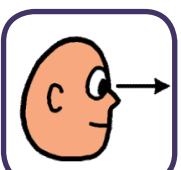
Sensory Grounding

When I feel anxious I can practice my sensory grounding

Find a quiet, comfortable place



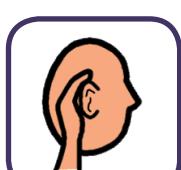
Find **5** things I can **see**



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



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



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



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



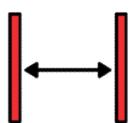
I can stay in my quiet, comfortable space until I feel calm

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

Shape Grounding

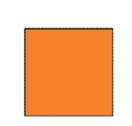
When I feel anxious I can practice my shape grounding



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