Stop and Smell the Roses!

Take a breathing break.

2 Breathe in deeply and smell the flowers.

Breathe out and blow the leaf away!

Whenever you are feeling overwhelmed or stressed just remember to breathe in and out. Everything is going to be ok.

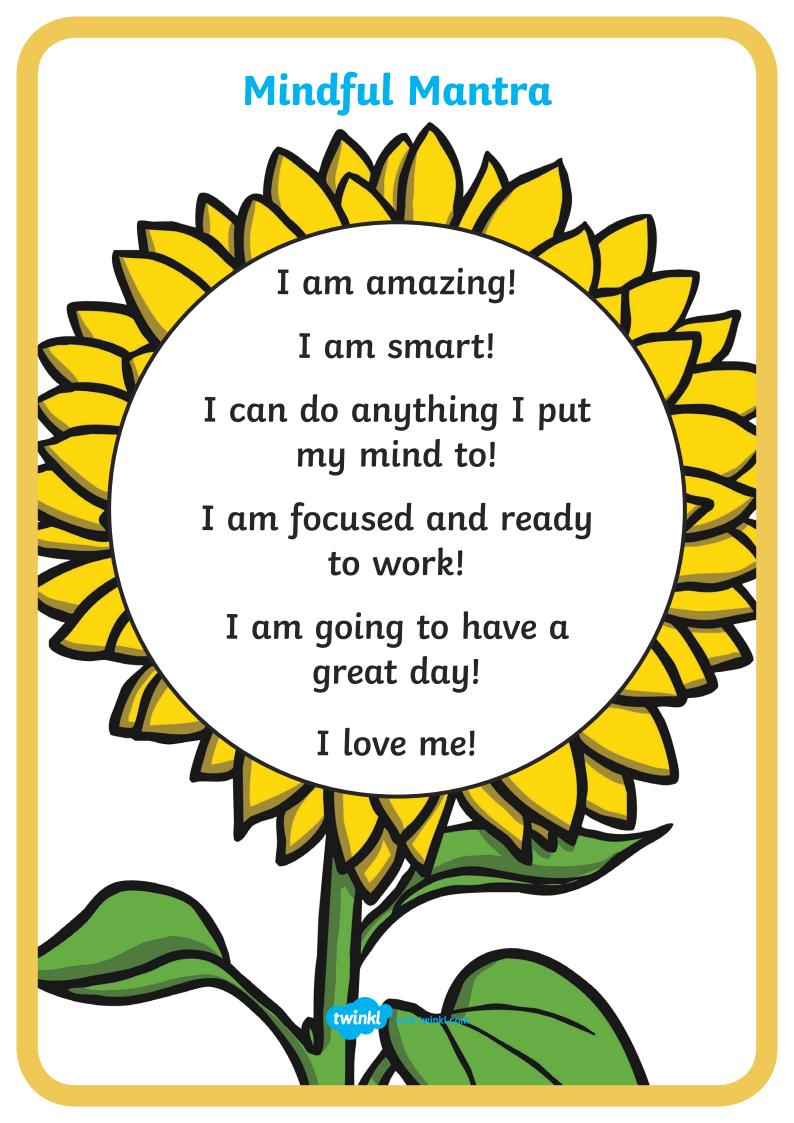


Focus

Hocus pocus, it's time to focus.

- Stop what you're doing.
- Take some deep breaths in and out.
- 3 Clear your mind.
- Think of what you want to accomplish and say, "I can do this".
 - Now go for it! You can do it.





Calm Down

Remember it's OK to feel angry or sad.

Let go of the anger, sadness or fear.

Breathe in and think of what is troubling you.

Breathe out and let those emotions go.

Feel yourself calming down with each breath you take.

Say to yourself, "I am in control. I feel calm and relaxed. I feel the negative emotions leaving my body."

Take time to relax and become fully calm.

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