

Stop and Smell the Roses!

1

Take a breathing break.

2

Breathe in deeply and smell the flowers.

3

Breathe out and blow the leaf away!

4

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.

1

Stop what you're doing.

2

Take some deep breaths in and out.

3

Clear your mind.

4

Think of what you want to accomplish and say, "I can do this".

5

Now go for it! You can do it.



Mindful Mantra

I am amazing!

I am smart!

I can do anything I put
my mind to!

I am focused and ready
to work!

I am going to have a
great day!

I love me!

Calm Down

1

Remember it's OK to feel angry or sad.

2

Let go of the anger, sadness or fear.

3

Breathe in and think of what is troubling you.

4

Breathe out and let those emotions go.

5

Feel yourself calming down with each breath you take.

6

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

7

Take time to relax and become fully calm.