

# Mountain Breath

Mountain Breaths are a great way to calm yourself down. Read the Affirmation aloud to your child, then practice the technique together.

*I take a deep breath, I feel it go in,  
Then breathe out, and my feet sink in,  
Arms up like the mountain, feet grounded below,  
I'm ready to look inside, I'm ready to know.*



Big breath in while lifting arms up in the shape of a mountain.



Breathe out bringing arms down to chest level with hands palm to palm.

# My Scared Feel

This is what my Scared Feel looks like:

This is what a calm, safe place for my Scared Feel looks like:

When I meet my Scared Feel, one way I take care of them is:

Another way I can take care of them is:

# My Mad Feel

This is what my Mad Feel looks like:

This is what a calm, safe place for my Mad Feel looks like:

When I meet my Mad Feel, one way I take care of them is:

Another way I can take care of them is:

# Mad Role Play

Cut out all of the Mad Feel Warning Signs below and put them in a hat or bowl. Cut out all of the Mad Feel Helping Skills below and put them in a second hat or bowl. Have your child draw a slip of paper from one hat or bowl, and you draw a slip of paper from the other. The person who has drawn the Warning Sign acts it out. Together, do a Mountain Breath. Then the person who has drawn the Helping Skill acts it out.

## Mad Feel Warning Signs

Wanting to hide or run away	Fast breathing	Hands in fists	Stomping feet
Body or hands shake	Raising voice or yelling	Face turns red	Scowl or make an angry face
Crying	Getting quiet	Mind goes blank	Can't focus

## Mad Feel Helping Skills

Count to 10 in your head	Squeeze a ball	Talk to someone about your problem	Do a dance or wiggle to shake out Mad
Do a Mountain Breath or another favorite	Go to the Comfort Corner in the classroom	Color, draw, or write	Do 5 Jumping jacks
Say kind words to yourself like, "It's okay. I'll get through this."	Listen to music	Silent Scream	Imagine a special place or memory

# My Sad Feel

This is what my Sad Feel looks like:

This is what a calm, safe place for my Sad Feel looks like:

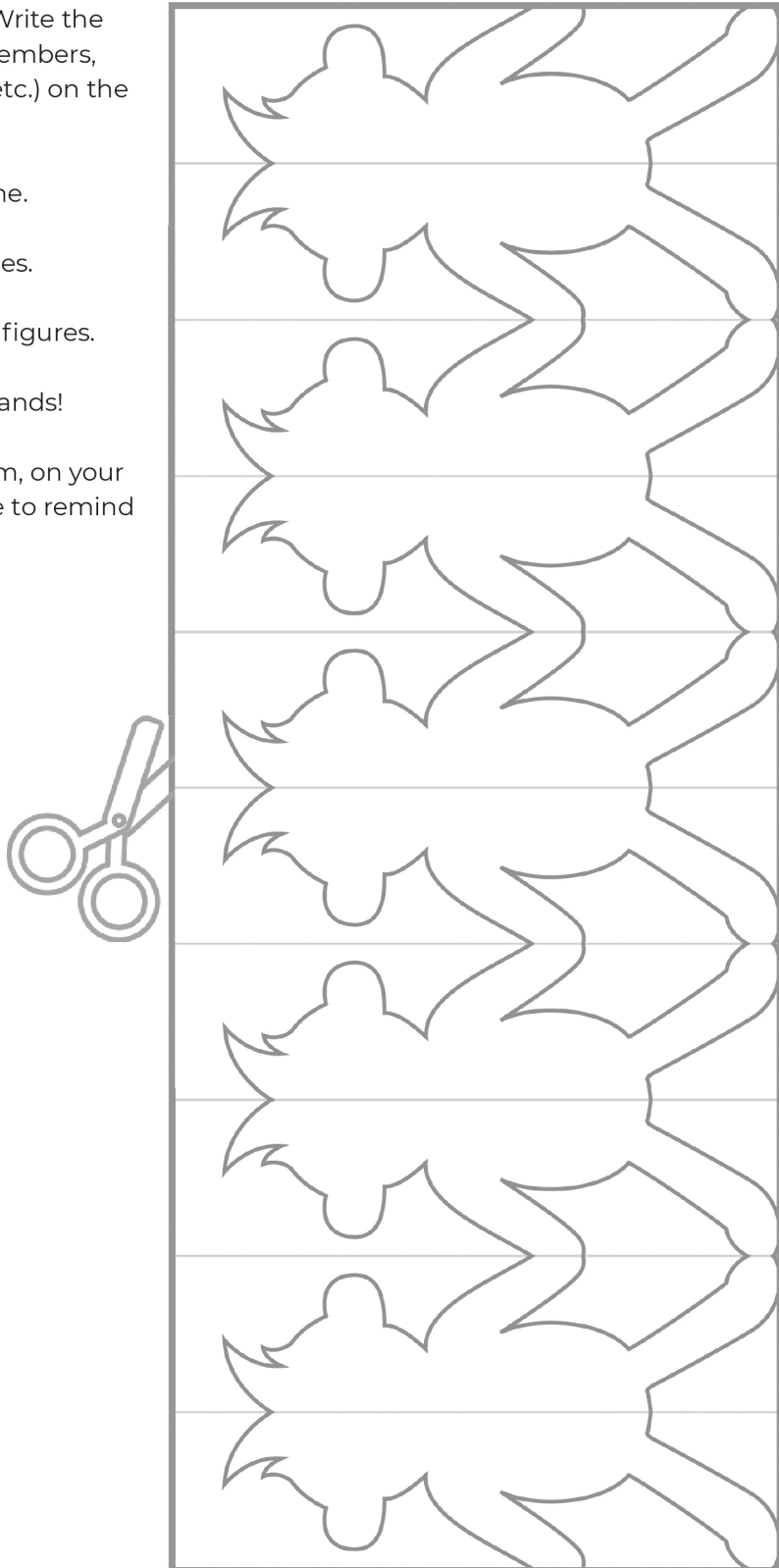
When I meet my Sad Feel, one way I take care of them is:

Another way I can take care of them is:

# Special People Paper Dolls

Sometimes our Sad can feel overwhelming and it is hard to know what to do. That is why it is important to ask for help from the Special People in our lives that can share love, connection, and understanding with us.

1. Write your name on the middle doll. Write the names of four Special People (family members, friends, teachers, counselors, coaches, etc.) on the other four dolls. Color all of the dolls.
2. Cut out the rectangle on the heavy line.
3. Fold the paper along the nine thin lines.
4. Cut the dolls along the outline of the figures.
5. Open it up to see everyone holding hands!
6. Keep your Special People in your room, on your fridge, on your desk, or in another place to remind you that you're never alone.



# My Worried Feel

This is what my Worried Feel looks like:

This is what a calm, safe place for my Worried Feel looks like:

When I meet my Worried Feel, one way I take care of them is:

Another way I can take care of them is:

# Helpful Thoughts

Below are some example situations along with a Worried Thought and Helpful Thought that might come along with those situations. Talk through each situation with your child, come up with some Worried Thoughts, and then talk through Helpful Thoughts together. What other situations can your child come up with that might generate Worried Thoughts? What are some Helpful Thoughts they could use instead?

SITUATION	WORRIED THOUGHT	HELPFUL THOUGHT
First day of school	Something bad will happen while I'm away from my family.	The first day is usually fun and I am sure I'll make new friends.
A group of kids is looking at you and laughing	Oh no, they must be laughing at me. Maybe I look silly.	They are probably laughing about something funny, and I just walked by. I don't actually know that they were laughing at me!
Not being invited to a birthday party	She doesn't like me. I bet I am the only one who didn't get invited in the whole class.	They probably just forgot. Or maybe it was just a small party. I have other good friends.
Having trouble with spelling words	I'm not smart. I'll never learn how to spell.	Well, I tried my hardest. I will practice more next time. Mistakes help my brain grow smarter and stronger.



# My Calm Feel

This is what my Calm Feel looks like:

This is what a calm, safe place for my Calm Feel looks like:

When I meet my Calm Feel, one way I take care of them is:

Another way I can take care of them is:

# My Calm Art Project

Cut out the pictures below or photos from a magazine and glue them to a piece of paper to build a special Safe Place for your Calm Feel.

