MY SUMMER TOOLBOX

Week 6 - Relaxation Tools

Star Breathing

Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Breathe in
Breathe in
Breathe out
Breathe in
Breathe out

Breathe in through your nose & out through your mouth
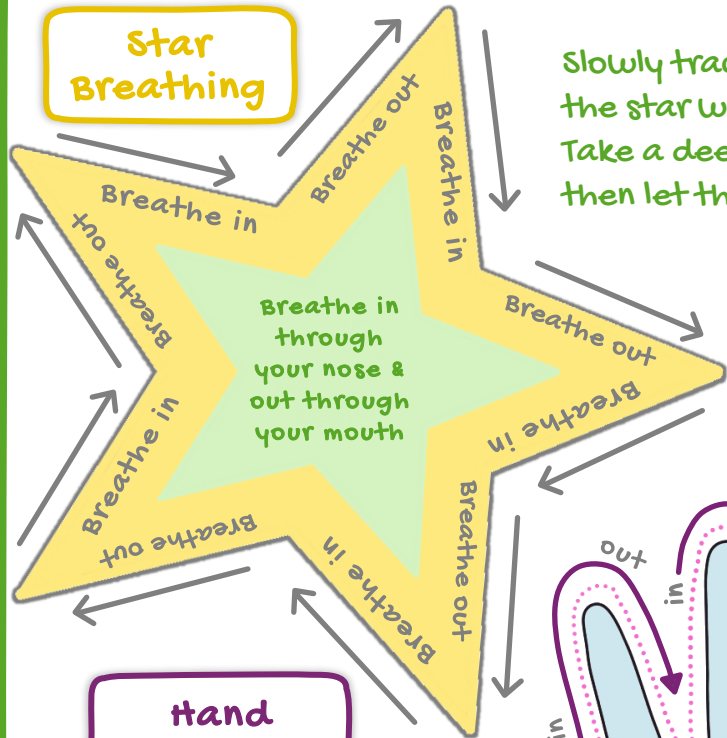
Slowly trace the sides of the star with your finger, Take a deep breath in & then let the breath out

Repeat until you feel relaxed

Hand Breathing

Trace the outline of your hand

Breathe in slowly as you trace upwards

Then breathe out slowly as you trace downwards

out in out in out
in in
breathe out
out
breathe in
repeat

Hand Breathing ♡

Was this coping tool helpful?

1 😄 Very helpful for me
2 🙂
3 🙂
4 🙂
5 🙂 A little helpful for me
6 🙂
7 🙁
8 🙁
9 ☹️
10 ☹️ Not helpful for me

Will I use this tool again?

YES   **NO**

Why?

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If you said **yes**, tear out the square, & add it to your **toolbox!**

Use a relaxation tool