

RAINBOW BREATHING



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REAFFIRM. REASSESS. REINVENT.

WINDY BREATHING



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PINWHEEL BREATHING

Take a deep
breath in and
quickly breathe
out to spin the
pinwheel.



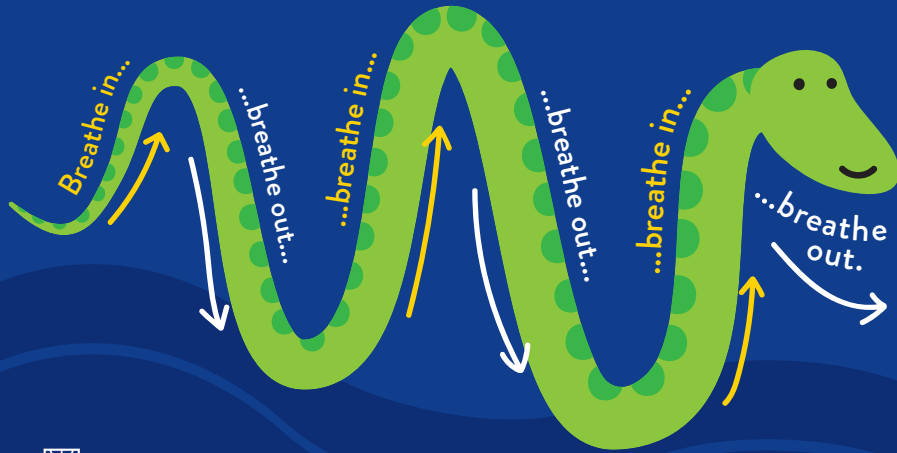
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INCHWORM BREATHING



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SNAKE BREATHING



DANDELION BREATHING

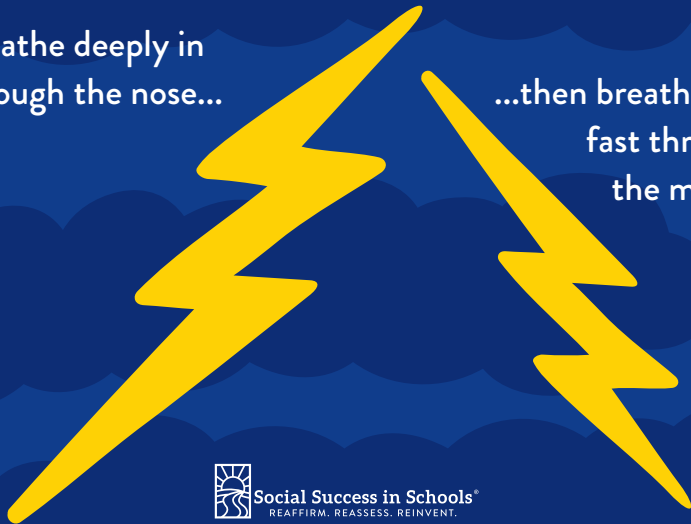


Slowly breathe in
and slowly blow out
while you make a wish.

LIGHTNING BREATHING

Breathe deeply in
through the nose...

...then breathe out
fast through
the mouth.



BUBBLE BREATHING



Breathe in deeply and
breathe out slowly to
blow a big bubble.

EAGLE SENSES

5 things you see



4 things you touch



3 things you hear



2 things you smell



1 thing you taste



EAGLE SIGHT

Use your eagle eyes to find 5 items in the room in your favorite color.



EAGLE SOUND

Close your eyes.
Use your eagle ears to listen to the sounds in the room.



EAGLE TOUCH

Hold an item in your hand.
Use your eagle touch to notice how it feels.



EAGLE TASTE

Imagine your favorite foods. Use your eagle taste to think about the flavors in your mouth.



EAGLE SMELL

Imagine you're outside. Use your eagle smell and notice what scents are in the air.



TRIP TO THE BEACH

Imagine you're at the beach. What do you see, hear, touch, taste, and smell?



SITTING IN THE GARDEN

Imagine you're sitting in a flower garden. What do you see, hear, touch, taste, and smell?



WALK IN THE FOREST

Imagine you're walking in the forest. What do you see, hear, touch, taste, and smell?



HIKE UP A MOUNTAIN

Imagine you're hiking a mountain. What do you see, hear, touch, taste, and smell?



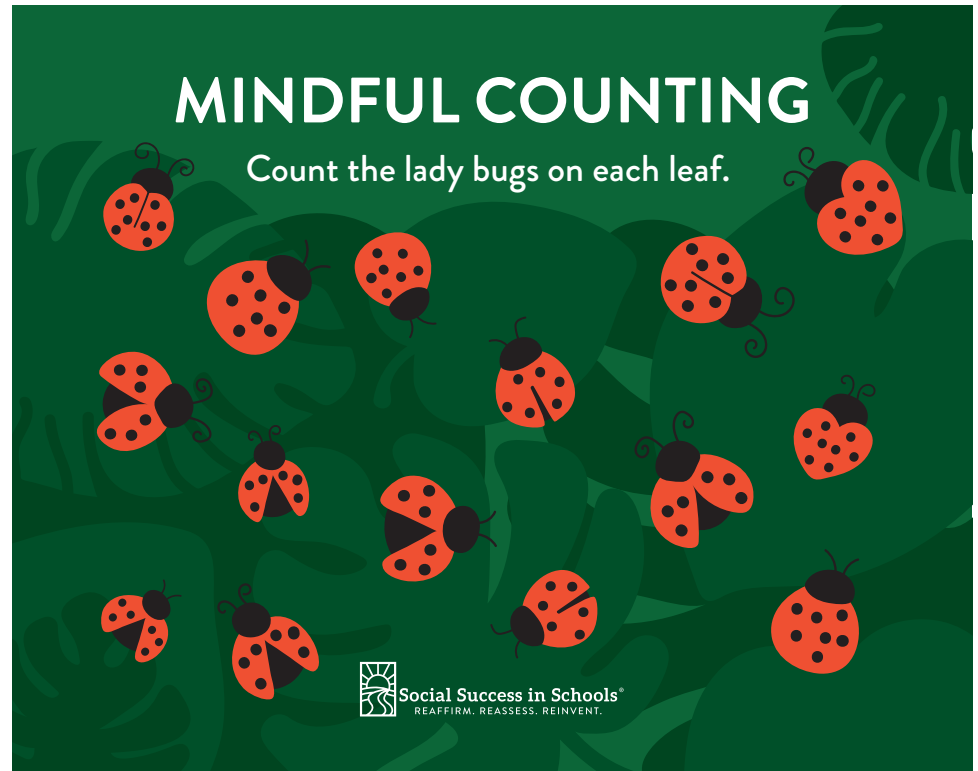
MINDFUL COUNTING

Count the ants climbing the hill.



MINDFUL COUNTING

Count the lady bugs on each leaf.



MINDFUL COLORING

Quiet your thoughts
and mindfully color a
picture only paying
attention to the
movement of
your crayons.



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MINDFUL LISTENING

Quiet your thoughts
and mindfully listen
to music only paying
attention to the
sounds you hear.



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MINDFUL WRITING

Quiet your thoughts
and mindfully write
your name in the air.

ELI
NOAH
LUCY
Olivia
CHARLIE

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Notice your
feelings in this
moment. There are
no “good” or “bad”
feelings. Let your
butterfly flutter
with that feeling
with acceptance.



BUTTERFLY FEELINGS

WISE OWL THOUGHTS



Observe your thoughts in this moment. Let them pass through without judgment.

HAPPY PLACE

Visualize a place that makes you feel safe and peaceful. Relax, as you calm your body and breathe.



GRATITUDE

Take a warm breath in and out as you name 5 people, places, things, or events you are grateful for.

SUN RAYS

SELF-LOVE RAINDROPS

Identify 5 things you love about yourself.



COPING SKILLS

Coping strategies can help us weather stormy moments when we have big thoughts and feelings.



VISIT TO THE FARM

Imagine you're visiting a farm. What do you see, hear, touch, taste, and smell?



VISIT TO THE ZOO

Imagine you're visiting the zoo. What do you see, hear, touch, taste, and smell?



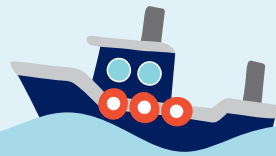
TOUR OF THE CITY

Imagine you're touring in a big city. What do you see, hear, touch, taste, and smell?



VOYAGE IN THE OCEAN

Imagine you're on a boat in the ocean. What do you see, hear, touch, taste, and smell?



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