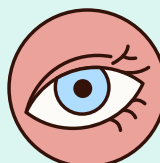


Rainbow Hunt



Look for objects that match
each colour of the rainbow...
Red, Yellow, Green, Blue,
Orange, Purple

5-4-3-2-1 Senses Grounding



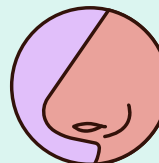
5



4



3



2



1

Butterfly Breath

Let's fly slow like butterflies
for 3 breaths...



Inhale slowly and lift your
arms like butterfly wings.
Exhale slowly and lower your
wings.

I spy Emotions



I spy something that looks
or sounds...
Calm, Happy, Sad, Joyful,
Lonely

Thought Catch & Release

Our thoughts are like bubbles
or clouds in the sky



Notice your thoughts...
Let's imagine we catch it like a
firefly then we gently let it go

Energy Check

Is your energy like popcorn,
like a snail or just right?



If it's like popcorn try slow walking,
tiptoe steps or deep lunges
If it's like a snail try animal moves like
10 frog jumps, 5 bird flaps or buzzing
about like a busy bee