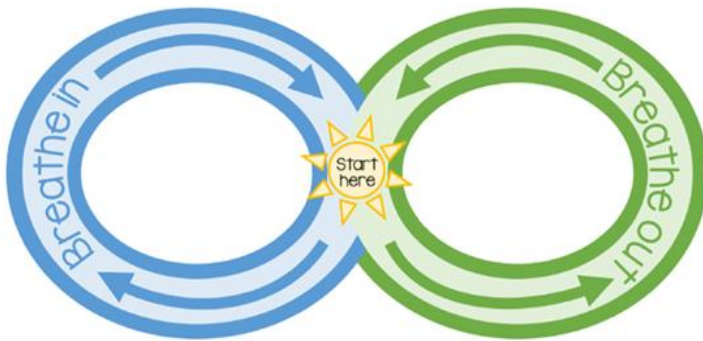


# Stay Calm & Regulate Skill Sheet

Welcome to Stay Calm & Regulate! We will practice deep breathing with bubbles, smelly stickers, Triangle Breathing, and Figure 8 Breathing. We will use a stress ball and the pictures at the bottom for Muscle Relaxation. Follow along as we practice!

## Figure 8 Breathing

Start at the sun and follow the arrows in the figure eight with your finger to complete one deep breath!



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## Triangle Breathing

Start at the sun and follow the sides around the whole triangle with your finger to complete one deep breath!



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CHEW SOME GUM



STRETCH LIKE A RUBBER BAND



HIDE IN YOUR SHELL



SQUEEZE SOME ORANGE JUICE

