

## Calming Activities

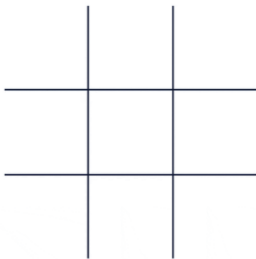
### 1. Pompom/straw breathing activities

Supplies:

- Small pompoms or popcorn kernels
- Straws
- Path, maze or tic-tac-to

Instructions: Use your breath (inhale or exhale) to move the pompoms.

Tic-tac-to



Maze



Path



### 2. Scarf activity

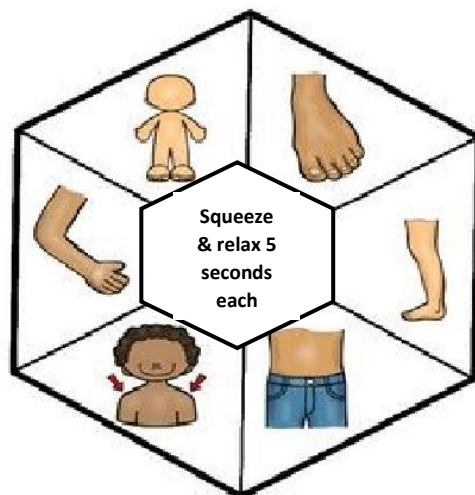
Supplies: small scarves

Instructions: throw, catch, and juggle the scarves to represent quick breathing vs calm breathing



### 3. 5 finger breathing

### 4. Squeeze and relax your muscles



5 Finger Breathing

