

Calming the Body

ALPHABET LEGS



Slowly trace the letters of the alphabet on your leg...

BREATH WALTZ



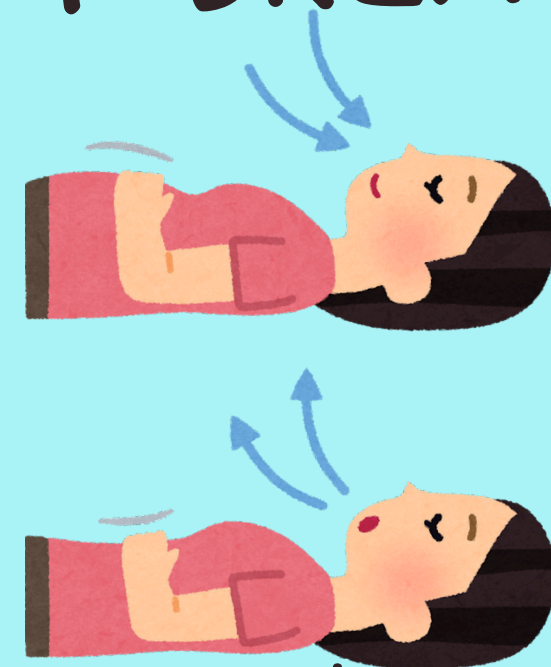
Breathe in through your nose for 3 and breathe out through your mouth for 3 and a bit...

MIND WALKING



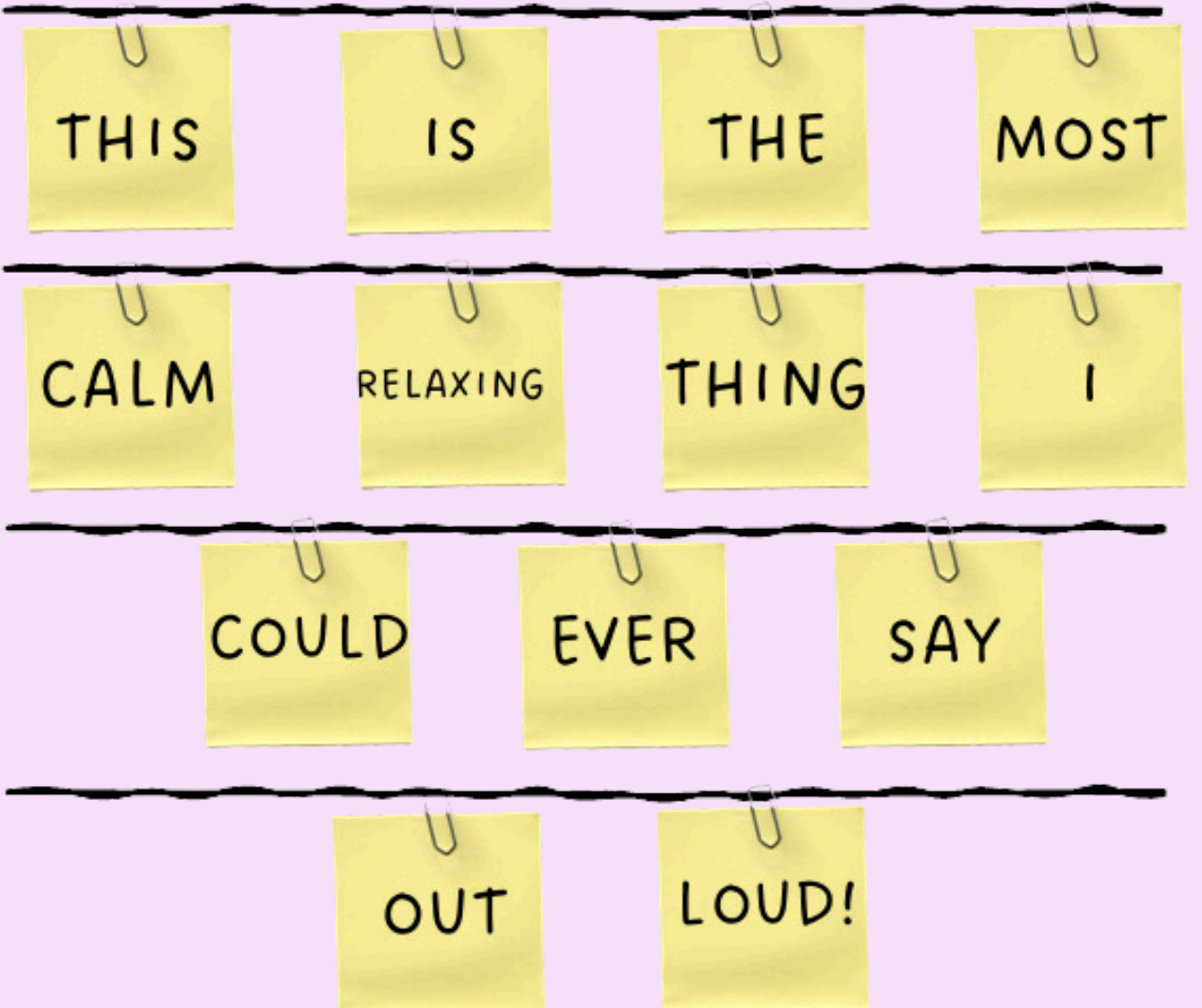
Notice 5 things you can see, hear and touch.
Notice 4 things you can see, hear and touch.
Then 3 things...
Then 2 things...
Then 1 thing...

BELLY BREATHING



- Lie down or sit comfortably
- Rest your hand on your belly
- Inhale slowly through your nose and feel your belly rise.
- Breathe out slowly, letting your tummy fall.

SLO MO



Say the sentence on the clips very slowly. Keep saying it, going even more slowly each time...