

Coping with stress and worry

for KIDS

Art Therapy with Larissa



Triangle Breathing

Start at the bottom left of the triangle.

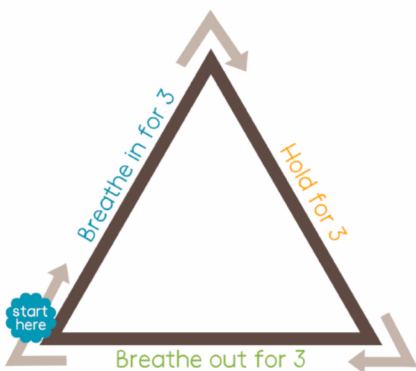
Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle.

Good job you have just completed one deep breath.

Remember to take deep belly breaths. When you breath in your stomach should go in, get flat and when you breath out your belly should get big and round.



Mindful Listening

Sit and take a few deep breaths. Close your eyes if you feel comfortable.

Focus on what you hear outside the room you're sitting in for one minute.

Focus on what you hear inside the room you're sitting in for one minute.

Finally, focus on your own body for one minute. What is your body telling you? How do you feel?

Sit quietly and take a few more deep breaths, then open your eyes when you're ready.

5 4 3 2 1 Grounding Exercise



Draw your feelings

Take time away, go to a quiet place and draw how you are feeling.

You can share your feelings with a grown up when you are less angry and/or sad. Remember you can have more than one feeling at a time.



Yoga Poses to calm overwhelming feelings

WIDE-LEGGED FORWARD BEND – Pretend to be an elephant.

Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step your feet out wide, clasp your hands together, and take your hands above your head.



Then on a loud exhale, say "Ha" and swing your arms down below your legs, pretending that your arms are the trunk of an elephant. Then, inhale while raising your hands back above your head. Repeat the strong exhale a few times to release your anger.

CHILD'S POSE – Pretend to be a hippo.

Drop your knees to the ground and come back to sitting on your heels.



Slowly bring your forehead down to rest on the floor in front of your knees and rest your arms down alongside your body. Pretend to be a hippo in the murky river. Take a few deep breaths to calm your mind. Try saying the mantra "I am okay" to bring yourself back to center. Imagine someone has put a blanket around you filled with love and light.