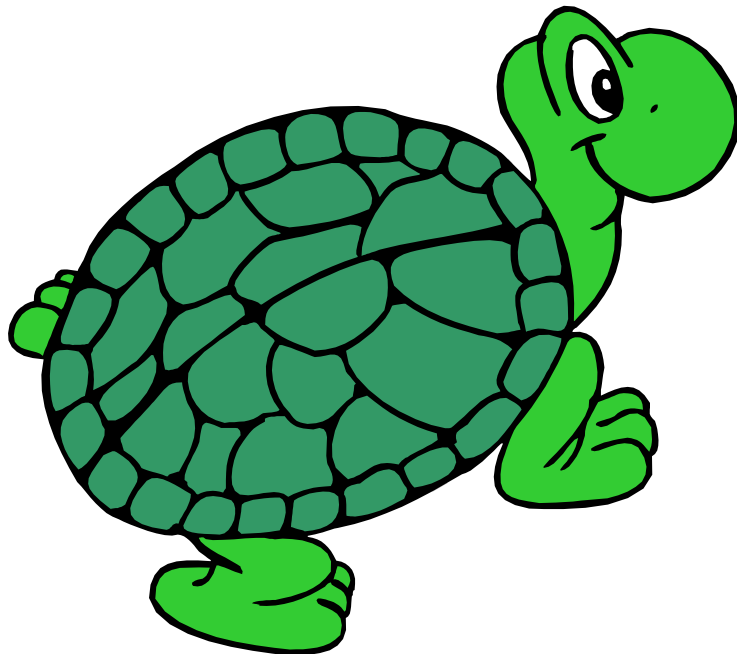


Turtle Breaths



I have a lot of different feelings. Sometimes things are going really well. During these times I feel happy and calm.



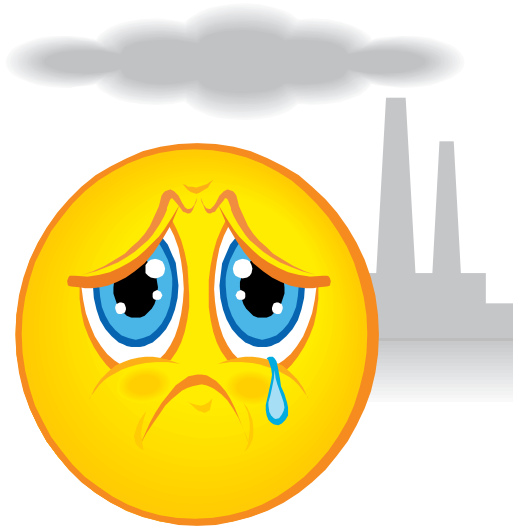
Sometimes things don't go the way I want them to.
When this happens I can start to have some bad feelings.



One way I might know I'm having a bad feeling is to
pay attention to what is happening in my body.



Sometimes I get sad. I know I'm sad because my eyes start to get all wet and tears might even start to come out of them.



Sometimes I get a really big feeling. This feeling is called being mad. When I'm mad my body might get really hot.



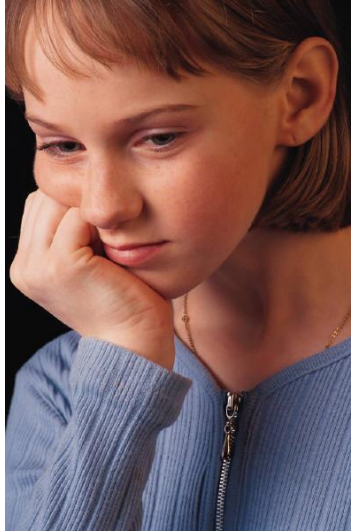
My heart might start to beat really fast.
Thump.....Thump....Thump.



My hands might ball up into fists. All of my muscles
might feel very tight, just like this.



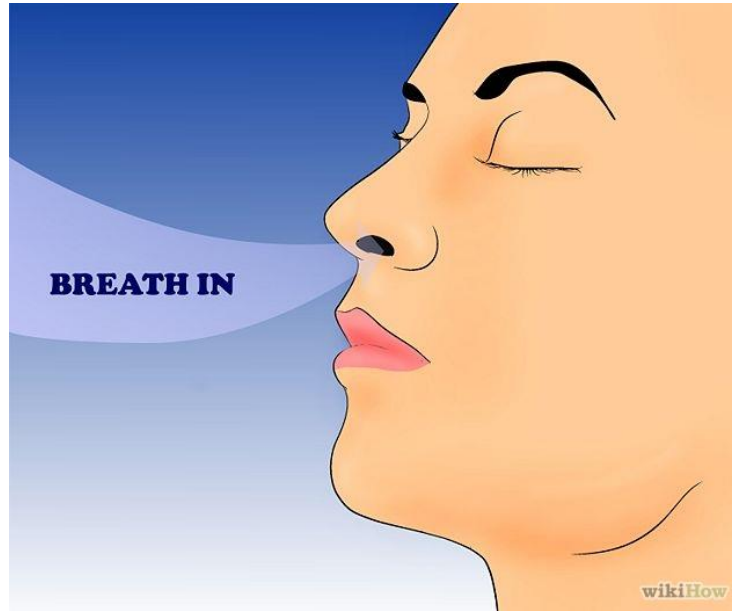
I may have bad thoughts in my head. I may want to yell and scream. I may think about doing or saying mean things to someone.



If I can feel any of these things I know I need to calm down. The best way to calm down is to use my turtle breaths.



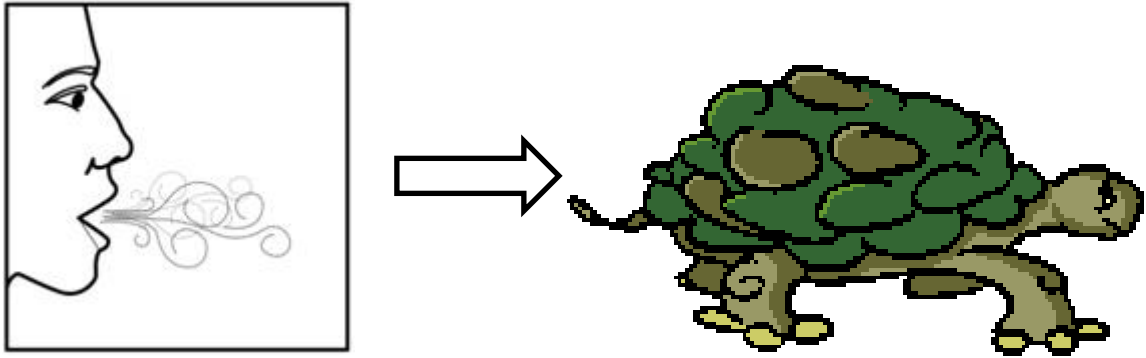
When I use a turtle breath the first thing I do is try to breath all the air in the room into my nose.



Once I have all of the air in my body I hold it in and count to three.



Then I let all the air out of my body. I let it out just as slow as turtles walk. Sooo veeeerrryyy sllllooooww.



If my feelings are really big, I might need to do 10 turtle breaths. If my feelings are small I might only need 3 to feel calm.

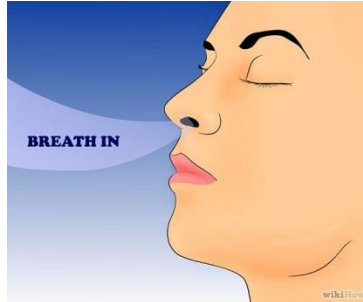


After I do my turtle breaths my body should feel calm again. I am happy and so is everyone else around me. My teachers, parents and friends love when I'm calm.



Turtle Breath

1. Breath in through your nose



2. Count to 3



3. Breath out your turtles

