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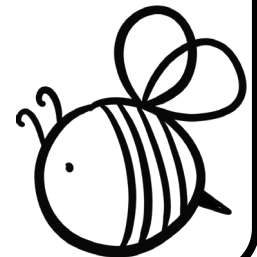
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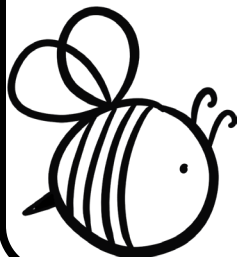
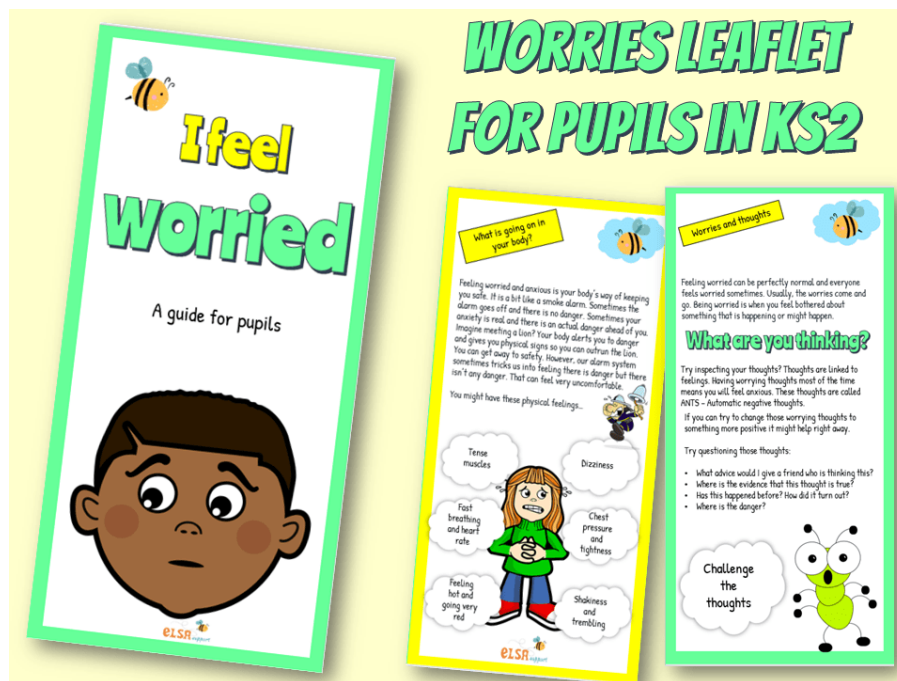




Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:



www.elsa-support.co.uk



Important information

This leaflet is meant to be used as part of ELSA Sessions or some other therapeutic session and shouldn't just be given out to children without some input. They need to learn and understand about their feelings and how to cope by an adult. Please DO NOT just give these out without that important input. They are purely reminders for the pupil to take away.

Under our terms and conditions these must not be put onto school websites.

They are for printing and giving to pupils at the end of a session or you could use them as a basis for your session. You can work through each part with the pupil. You can practise some of the things on there.

To print this leaflet

Open your PDF with Adobe

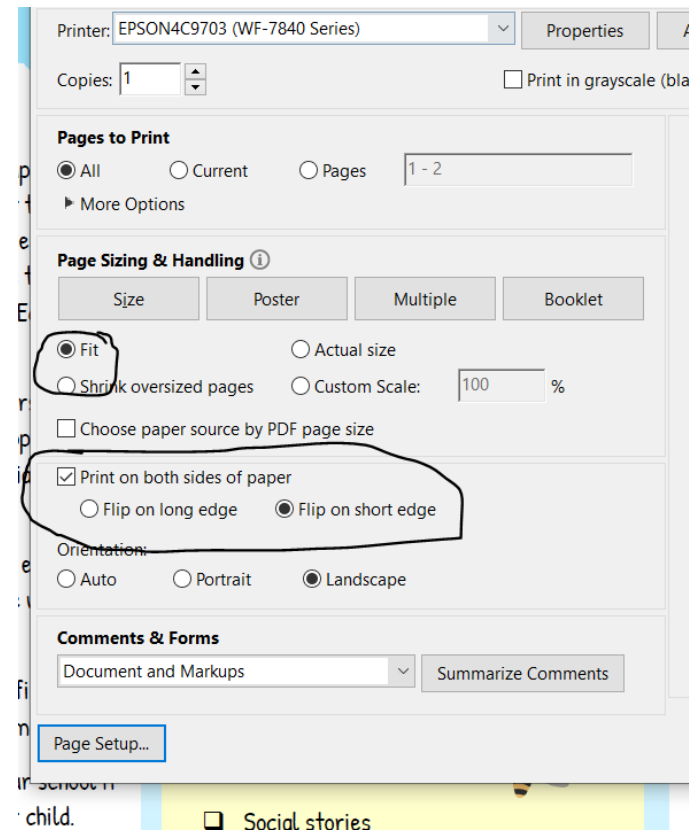
Print only the pages you require

Change the size of the paper to A4

Click 'fit'

Print on both sides of paper and flip
on the short edge.

Once you have printed, cut off the margins
and fold into 3 using the colours to guide
you



Exercise



Exercise helps you to feel calmer. It helps to increase all those happy chemicals in your brain. Try and do some exercise that makes you a little breathless and increases your heart rate.



If you need more help speak to

Say your feeling out loud



Saying your feeling out loud can really reduce the intensity of the feeling so it can help to make you feel calmer.



For resources go to www.elsa-support.co.uk



Find your Calm

A guide for pupils



7/11 breathing

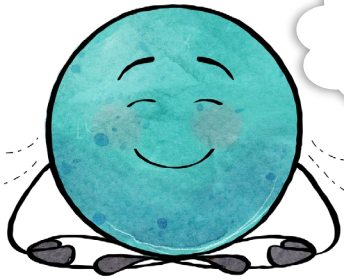


7/11 breathing is when you breathe in for the count of 7 and breathe out for the count of 11.

Repeat this until you feel calmer.

BREATHE IN

1..2..3..4..5
..6..7



BREATHE OUT

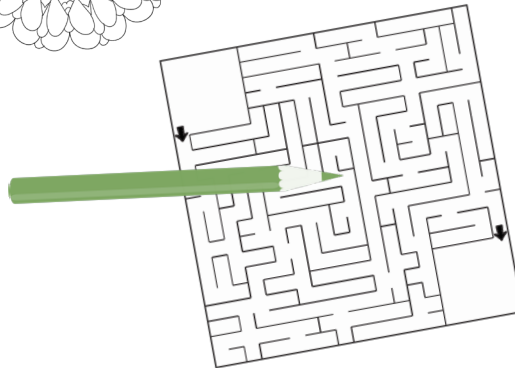
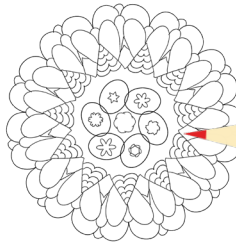
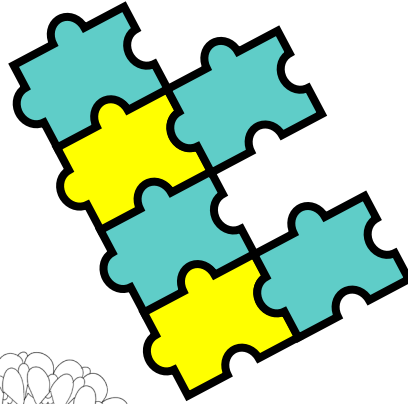
1..2..3..4..
5..6..7..8..
9..10..11



Puzzles or mindful colouring



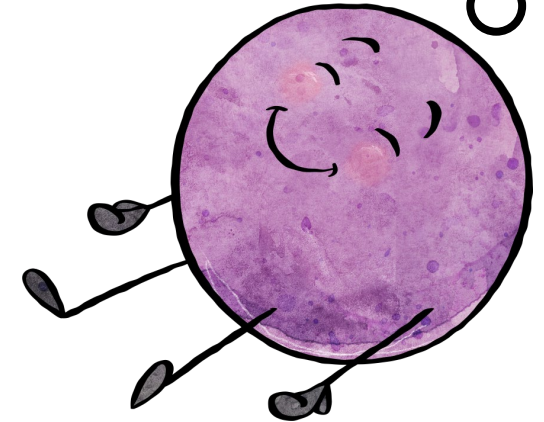
Try solving some puzzles or doing some mindful colouring. This will help to switch on that thinking part of your brain.



Happy thoughts



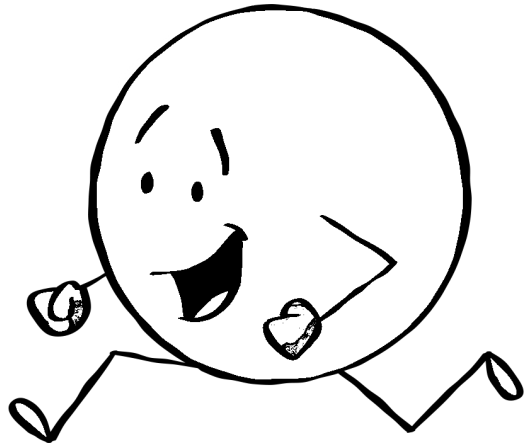
Take yourself to your happy place in your mind. What is it like there? What can you see? Feel? Hear? Smell? Taste?



Exercise



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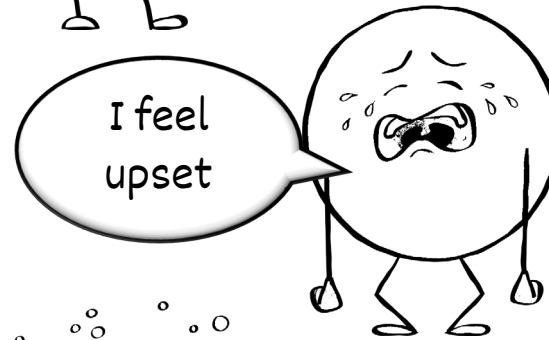


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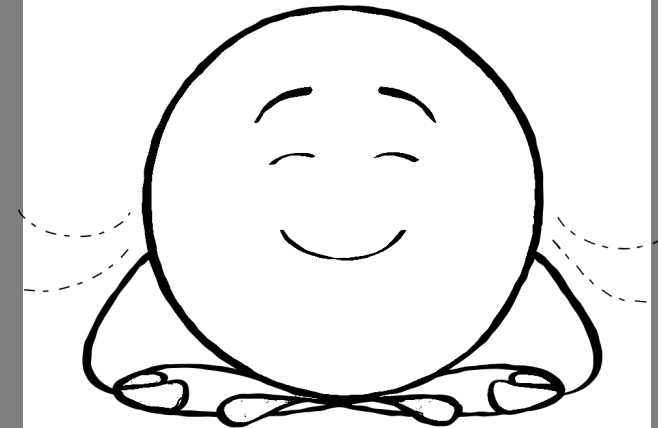


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A guide for pupils



7/11 breathing

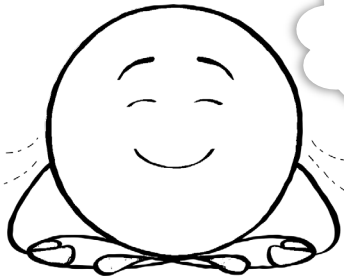


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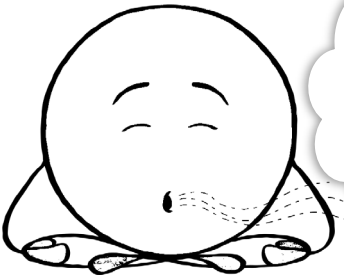
BREATHE IN

1..2..3..4..5
..6..7



BREATHE OUT

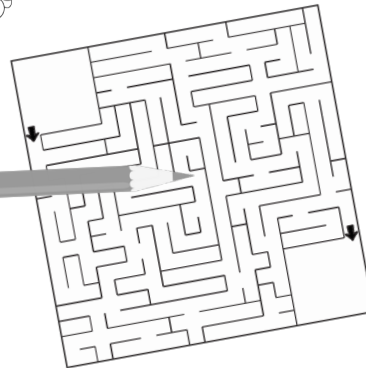
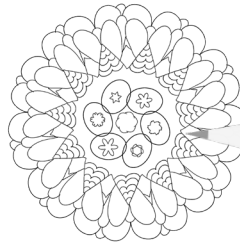
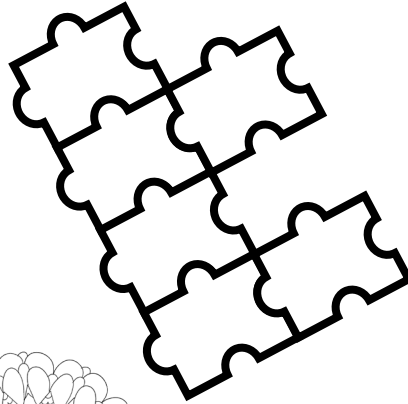
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