THE STRESS RELIEF GIRAFFE



OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- · Calm breathing exercises
- · Use visualisation mediation techniques
- Body tightening exercises (progressive muscle relaxation)
- · Sigh to become fully present in the moment
- · Practice music therapy
- · Change location / surroundings
- · Use a stress ball / fidget toy
- Give themself a 10-second hug to boost their mood
- · Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water

