

WEDNESDAY

#BECALM



It can be hard to control your emotions. There will always be times when you feel overwhelmed, angry, scared, or unsure. While these powerful feelings are normal, there are some things you can do to help #BeCalm when you feel this way.

THREE WELLBEING WEDNESDAY IDEAS TO #BECALM



1.

Belly Breathing

Lie down and place a stuffed toy on your belly and take deep breaths in and out and watch the toy move up and down with your breath until you feel calm.

2.

Rainbow Walk

Go for a walk outside and see if you can find all the colours in the rainbow. For an extra challenge see if you can find things in order, red, orange, yellow, green, blue and purple.



3.

Roll for Calm

Draw 6 rows on a piece of paper and number them. In each row write down something you could do to feel calmer. Think about Breathing, Grounding, Stretching, Moving, or Affirmations. Roll a dice and give it a go!