

THANK YOU!



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If you have any questions please feel free to email me at admin@childhood101.com.

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Best wishes, Christie

STOP BY AND SAY HI!



General Printing Instructions

Be sure to select 'Fit to printable area' (or similar) to ensure the page fits with your printer type and local paper size. Please also check your paper orientation setting.

We suggest printing re-usable game boards and game pieces onto matte photo paper or card stock and laminating before use.

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9 CALM DOWN IDEAS FOR KIDS

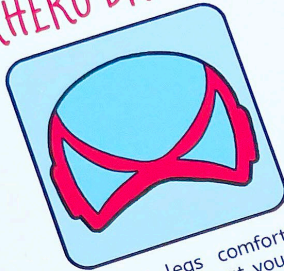
1. Go outside and kick a ball or run around.
2. Punch a pillow.
3. Listen to music or sing a song.
4. Close your eyes and think of a calm place.
5. Draw a picture.
6. Write a letter or a story.
7. Read a book.
8. Talk to someone.
9. Ask for a hug.



CLICK THROUGH TO CHECK OUT OUR POPULAR SOCIAL EMOTIONAL LEARNING TOOLS,
INCLUDING...

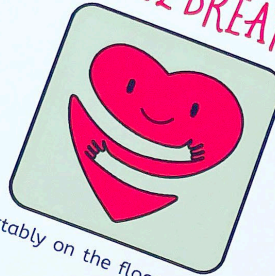
28 BREATHING EXERCISES FOR KIDS

SUPERHERO BREATHING



Stand with your legs comfortably apart and your arms bent out at your sides, your hands held up in fists, like you are a strong superhero showing your big muscles.

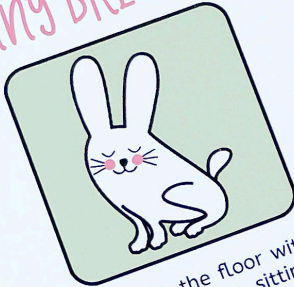
GRATEFUL BREATHING



Sit comfortably on the floor with your eyes closed.

Cross your hands across your chest, hug yourself a great, big hug for something or someone you are grateful for. Breathe in slowly through your nose for a count of four and then breathe out through your mouth for a count of four.

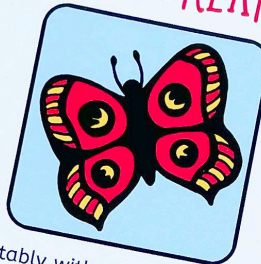
BUNNY BREATHING



Sit comfortably on the floor with your eyes closed. Imagine you are sitting somewhere sunny, warm and peaceful. Sit for a minute, imagining this place.

Now, take three short, quick breaths in through your nose, inhaling for a count of four, and then breathe out through your mouth for a count of four.

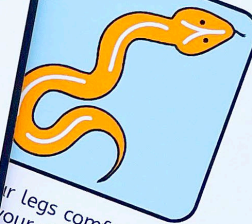
BUTTERFLY BREATHING



Sit comfortably with your eyes closed. Place your fingertips gently on your shoulders.

Take a slow, gentle breath in through your nose, raising your elbows as you breathe in. Hold your breath for a moment and then breathe out as slowly and calmly as you can, lowering your arms.

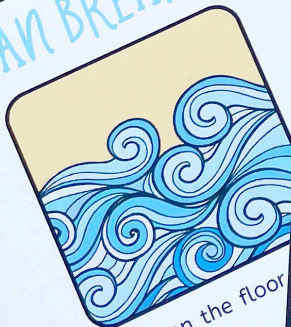
SNAKE BREATHING



Stand with your legs comfortably apart and your arms out to your sides. Close your eyes.

Take a slow breath in through your nose, holding the breath for a count of four. Then make a smooth, even breath out through your mouth for a count of four.

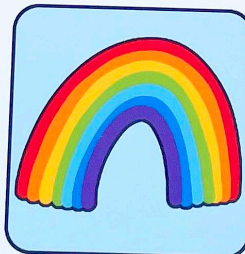
OCEAN BREATHING



Sit comfortably on the floor with your eyes closed.

Gently cover your ears with your hands. Imagine you are on a beach looking out at the ocean. Gently lap at the sand with your hands, as if you are gently washing your face.

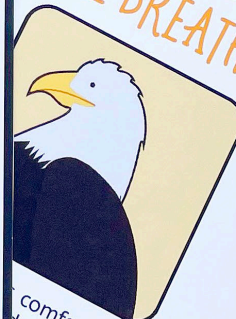
RAINBOW BREATHING



Stand with your legs comfortably apart and your hands out to the sides of your body, with your palms facing outwards. Close your eyes.

Take a slow, gentle breath in through your nose, raising your arms up to meet in the middle as you breathe. Hold your breath for a moment and then breathe out as slowly and calmly as you can, lowering your arms as you breathe.

EAGLE BREATHING



Sit comfortably on the floor with your eyes closed.

Take a slow breath in through your nose, holding the breath for a count of four. Then make a smooth, even breath out through your mouth for a count of four.