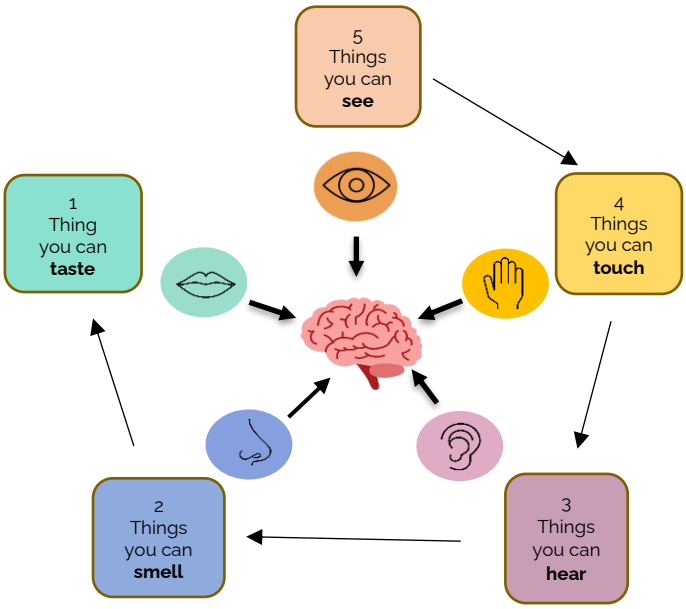
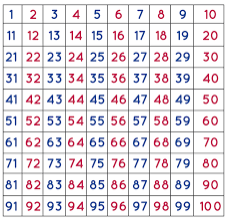
Our Brain Buddies Skills Backpack



Thinking skills



5 senses





Distractions (Ideas: Try counting in different ways, name an animal with each letter, squeeze something etc.)





Calming imagery

Body skills



Give yourself a hug

Hand massage





Yoga

Arm Massage





Chair push up

Palm Push





Progressive Muscle Relaxation

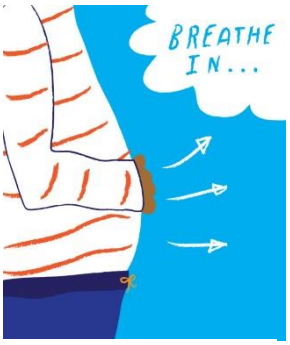
Breathing skills

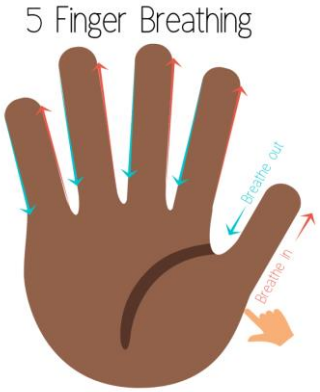


Hot chocolate breathing



Belly breathing





Five finger breathing