

Hawk HUG



Crossing your arms in front of you, hold your left shoulder with your right hand and your right shoulder with your left hand. Breathe in and out for 5 slow breaths. Then pretend that your hands are like hawk wings, and alternating each hand, gently flap them against your shoulders for a minute or so. If you feel comfortable doing such, close your eyes as you "fly." After "flying" for a few moments, give yourself a hug.


 KIDGLOW

Roller COASTER



Slowly trace your left hand with your right index finger, starting where your hand and wrist meet. As you trace each finger, breathe in as your finger climbs up and breathe out as your finger slides down. Pretend that your finger is a roller coaster car, going up and down the tracks...only instead of going fast, your roller coaster car moves very, very slow. Once you have traced your entire hand, try it again, switching hands.


 KIDGLOW



ROCKS & SOCKS

Take in a deep, strong breath and then make fists with your hands. Direct all your energy into squeezing your hand with so much force, it is as if your strength can transform your fists into solid, indestructible rocks. When you can't stand it any longer, exhale as you release your fists, letting go of all that tension, as if your hands and arms have turned into floppy, dangling socks. Try turning other parts of your body, such as your shoulders, legs, and feet, into rocks and socks, too!

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Trace EIGHT

Pretending that your index finger is an imaginary pencil, breathing in, trace or "draw" the top part of the number 8 in the air, on the table, or on your leg. Then trace the bottom part of the number 8 as you breathe out. Or if you have a Breathing Board, use that: slowly tracing and following the arrows with your finger. Start in the center and take a deep breath in. When you cross over to the other side, slowly let your breath out.

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Trace EIGHT

1. Slowly follow the arrows with your finger.
2. Start in the center and take a deep breath in.
3. When you cross over to the other side, slowly let your breath out.
4. Keep going until you feel more calm.

(For best results print and laminate the trace 8 card.)

