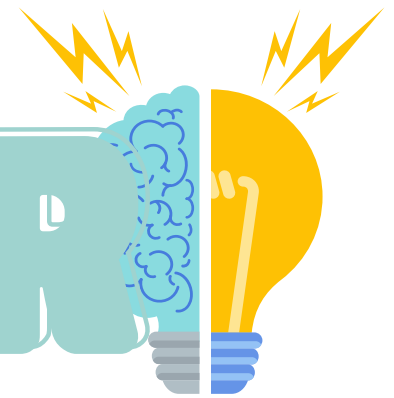
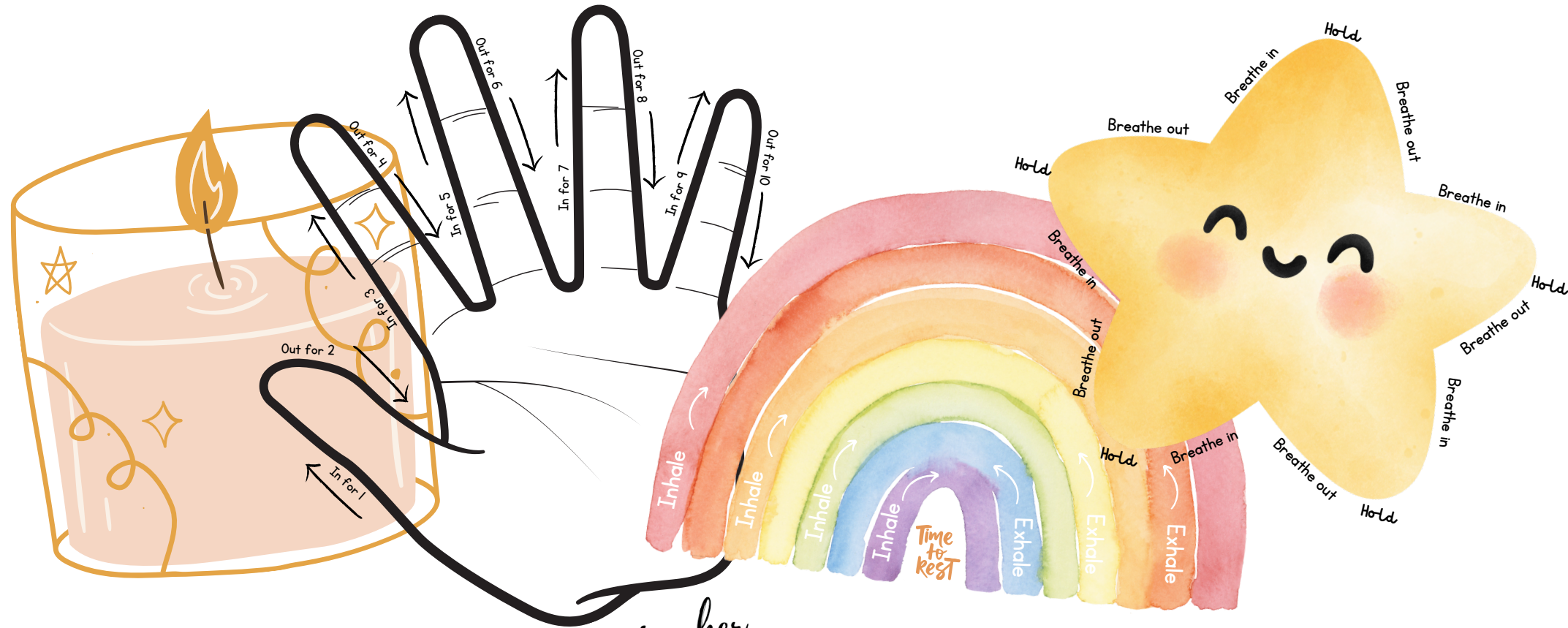


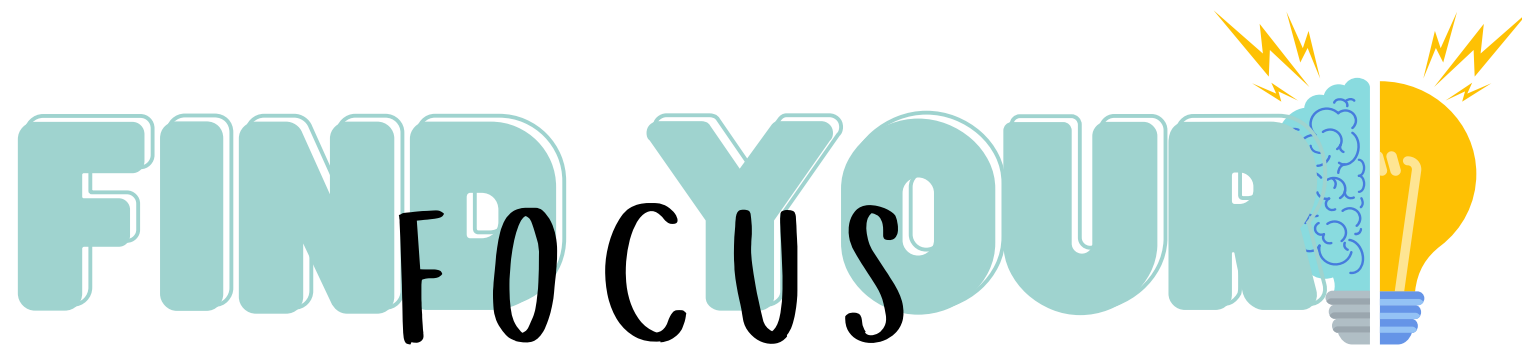
FIND YOUR FOCUS



BREATHWORK BUNDLE



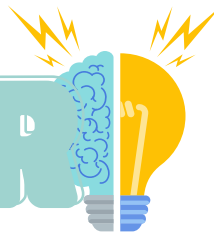
FIND YOUR FOCUS



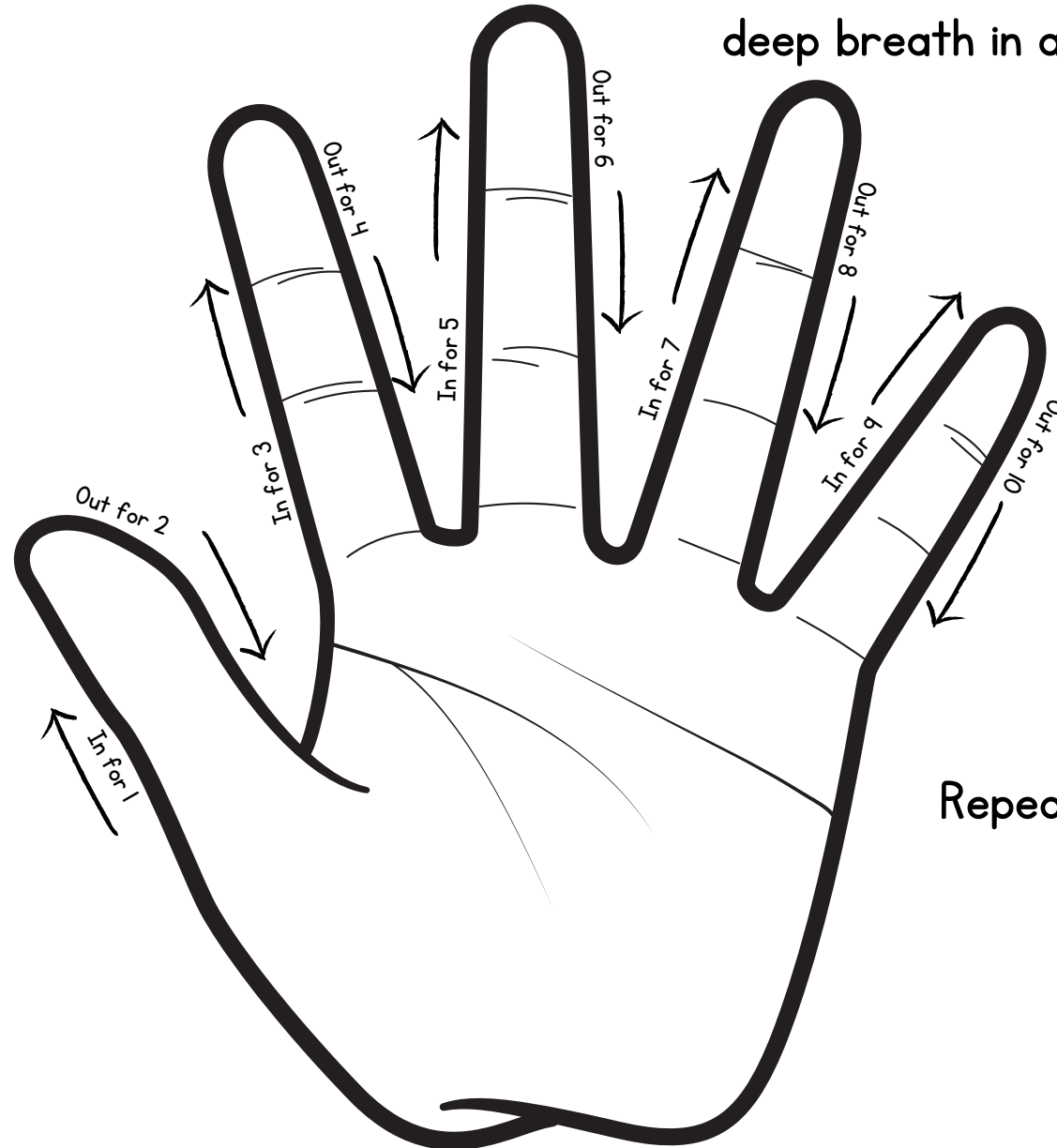
The idea of this series is to provide a variety of activities that children can use to calm their minds and refocus their attention.

Download this, along with other 'Find your Focus' activities to create a folder or box for your class that they can go to when they need time to calm their minds. In this pack, you could add a range of activities, fidget toys and objects that are available at all times when children need their own space. Whether that's to calm down after an incident, difficulty concentrating on their learning, or a child struggling to handle their emotions, this pack aims to give them the calming break they need.

FIND YOUR FOCUS



Follow the fingers, or your own, tracing with your own finger, up for the count of 1, then down for the count of 2 and so on, taking a big deep breath in and out, in and out.



Repeat as many times as you need to.

FIND YOUR FOCUS



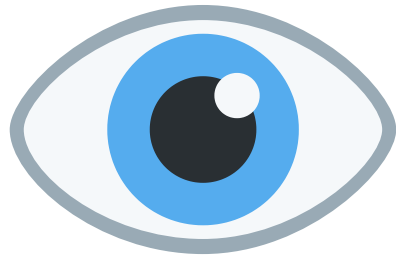
Hold up one of your fingers and imagine it is a candle. You are going to take one big deep breath, then slowly blow the candle out. Relight the imaginary candle as many times as you need and repeat.



FIND YOUR FOCUS



While seated or lying somewhere comfortable, or going for a wander, take deep breaths as you find:



5

THINGS YOU CAN

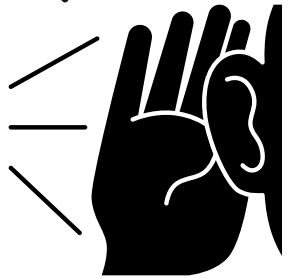
see



4

THINGS YOU CAN

feel



3

THINGS YOU CAN

hear



2

THINGS YOU CAN

smell



1

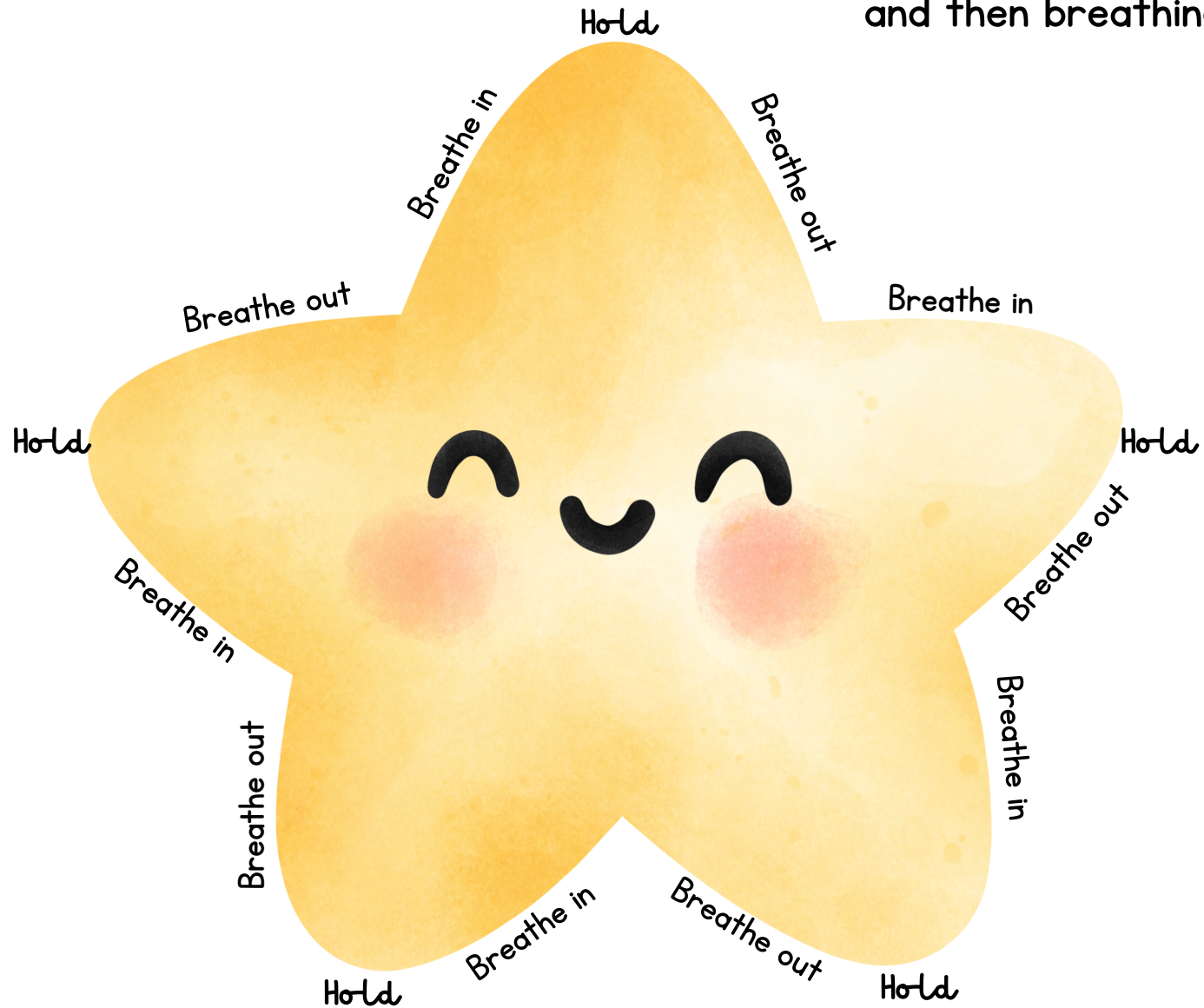
THING YOU CAN

taste

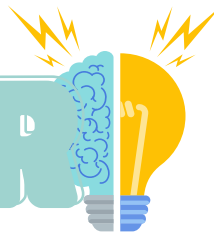
FIND YOUR FOCUS



Star Breathing: Follow the star with your finger as many times as you need, breathing in, holding and then breathing out.



FIND YOUR FOCUS



Rainbow Breathing: Follow the arches of the rainbow backwards and forwards with your fingers, inhaling and exhaling.

