

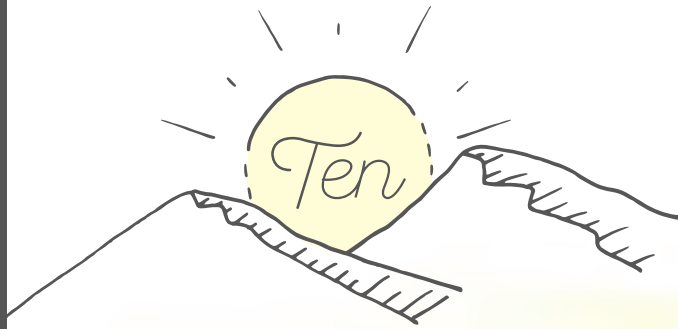
LOOK AROUND. SMELL THE AIR. LISTEN TO MUSIC.
WATCH THE BIRDS FLY. PUT ON SOME TUNES. TAP.
I SEE BLUE. I SMELL COOKIES. I CAN FEEL MY
FINGERS. I HEAR MY PHONE. TYPING. TAP. TAP. TAP.
I CAN FLEX MY MUSCLES. I FEEL STRONG. TAP.
TAP. TAP. TAP. I HEAR LAUGHING. HAHA. HILARIOUS.
CANDY. YUM. I SMELL COFFEE. I SEE ORANGE. TAP.
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Helpful

calming exercises



UCR



*Breathe slowly
Breathe deeply*

Let these activities lead you
to a place of calm.

Make yourself comfortable
Breathe slowly, deeply, completely

Listen to the sounds around you

What do you hear?

Look at the objects around you

What do you see?

Bring your awareness to your space

What can you physically feel?

Observe your space

Can you name all the colors?

Enjoy a piece of gum or candy

How does it taste?

Think of a funny memory

Why does it make you laugh?

Contract and relax your muscles

Can you feel release?

Listen to your favorite song

Can you tap your fingers along to the beat?

Touch a variety of objects

How does each one feel?

Make yourself comfortable

Breathe slowly, deeply, completely