



4/5 Breathing technique

- Focus on your breathing
- Place hands on your belly as you breathe in & out slowly.
- Imagine your belly is a balloon, inflating as you breathe in and deflating as you breathe out.
- Begin to create a rhythm by breathing in through your nose to a count of 1-2-3-4, pause slightly and then slowly breathe out through your mouth to a count of 1-2-3-4-5.



Relaxation



How to relax

- Listen to calming music - search on 'You Tube' for music for relaxation and stress relief
- Find a quiet, comfortable space for time out.
- Practice 4/5 breathing technique.
- Eat well (have breakfast)
- Drink water - bring a water bottle to school.

Relaxation -

a feeling of
tranquillity and an
absence of
tension & worry

Plan

Ask for help from -
Your subject teacher
Form Tutor
Year Leader
Staff in the SSD
(yellow corridor)
Be organised with
homework/revision