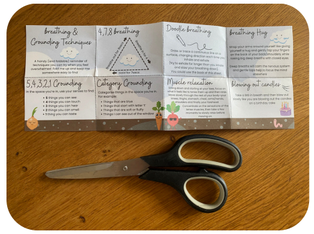
How to use:



Print



Cut out



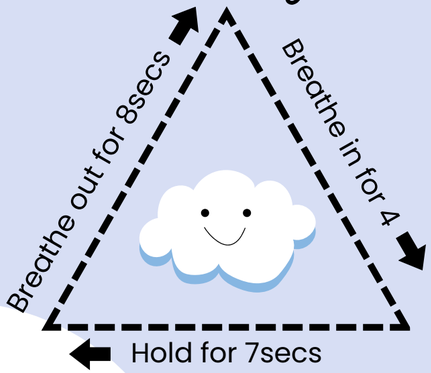
Fold

ALUMINA

breathing & Grounding Techniques

A handy (and foldable) reminder of techniques you can try when you feel overwhelmed. Fold me up and keep me somewhere easy to find

4,7,8 breathing



Doodle breathing

Draw or trace a continuous line on a surface, changing direction each time you inhale and exhale
(try to exhale for longer than you inhale and slow your breathing down).
You could use the back of this sheet.

breathing Hug

Wrap your arms around yourself like giving yourself a hug and gently tap your fingers on the back of your back/shoulders, while taking big deep breaths with closed eyes.

Deep breaths will calm the nervous system and gentle taps help to focus the mind elsewhere

5,4,3,2,1 Grounding

In the space you're in, use your senses to find:

- **5** things you can see
- **4** things you can touch
- **3** things you can hear
- **2** things you can smell
- **1** thing you can taste

Category Grounding

Categorise things in the space you're in.
For example:

- Things that are blue
- Things that start with letter 't'
- Things that are soft or fluffy
- Things I can see out of the window

Muscle relaxation

Sitting down and starting at your toes, focus on what it feels like to tense them up and then relax. Move slowly through the rest of your body-your knees, thighs, stomach, chest, arms/hands, shoulders and finally your forehead.

Concentrate on the sensations of the tense muscles, then take a few moments to slowly relax before moving on.

blowing out candles

Take a BIG in breath and then blow out slowly like you are blowing out the candles on a birthday cake