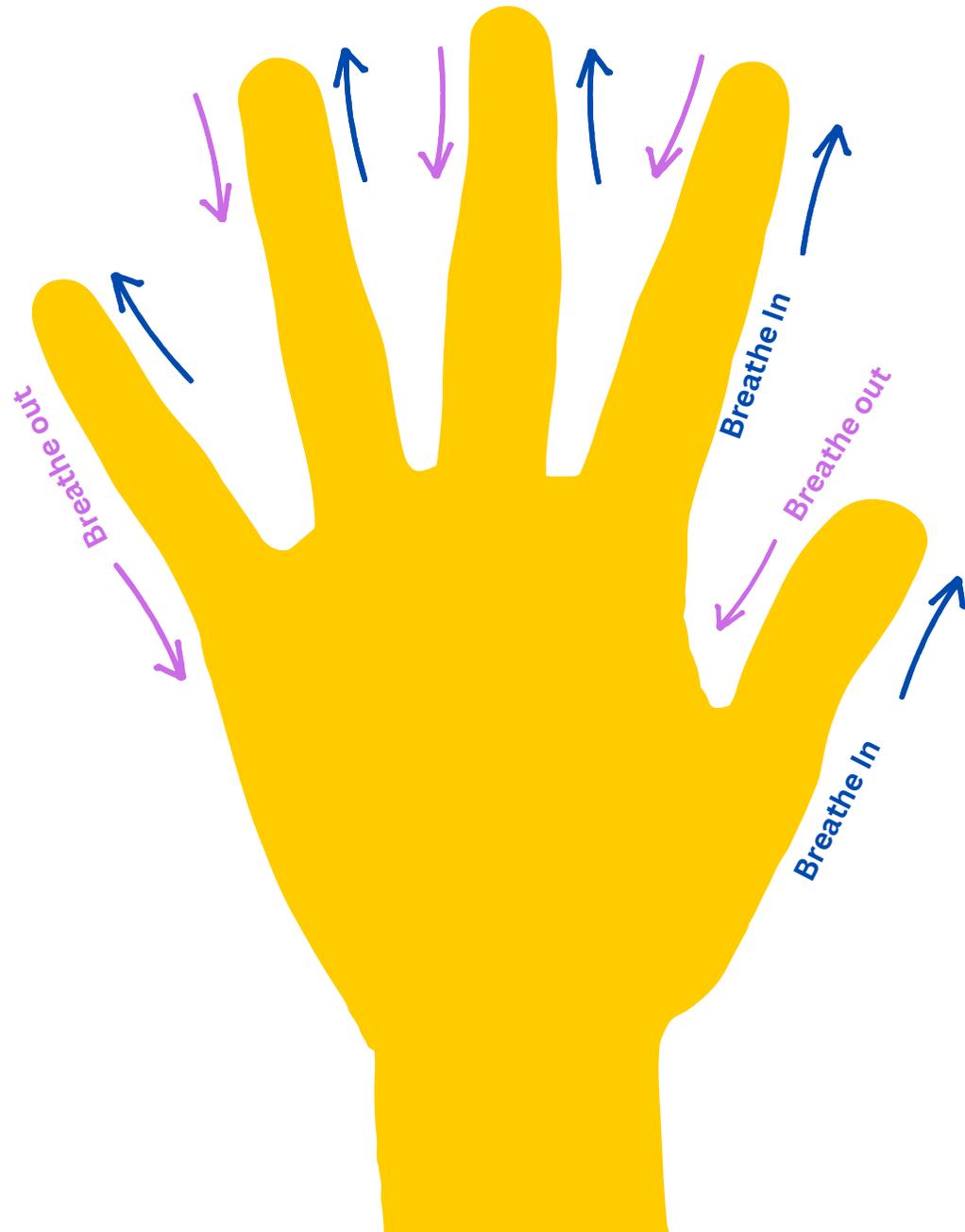


# 5 FINGER MAGIC - BREATHING EXERCISE



Time to stretch out one of your hand nice and wide.

Use your pointer finger from your other hand, to slowly trace your fingers and thumb from the bottom to the top, as you slowly breathe in through your nose.

When you get to the top, slowly breathe out through your mouth, as you trace your pointer finger down the other side.

Keep going until you have traced your whole hand. If you still feel a little anxious, then trace your hand again.

**In every day,**

**Things that ARE in MY CONTROL!**

**and things**

**Things that are OUT of MY CONTROL!**



**If there's something you can't control, take a deep breath.**

**Close your eyes and imagine it's a feather in your hand, let it go and watch as it fly's away....**

# Things that ARE in MY CONTROL!

- Having a Good Attitude
- Being Kind and Gentle with Myself
- Making Good Choices
- Working towards my Goals
- Who I hang out with
- Getting enough Sleep
- Asking for Help
- Learning from my Mistakes
- How I spend my Free time
- Being Kind to Others
- Saying 'Thank you'
- Looking for Solutions
- Helping out at Home
- Being Grateful for What I Have
- Trying new things
- My Behaviour
- Reminding myself that I am Enough
- How I Respond to Challenges
- Sharing my feelings in a healthy way
- Celebrating small wins
- How I speak to and about others
- The Effort I put into things
- Taking a Breath when I need a Break

# Things that are OUT of MY CONTROL!

-  **Past Mistakes**
-  **What group or teacher I have at school**
-  **Being sick**
-  **My brother or sister**
-  **The Weather**
-  **What people say or think about me**
-  **How others act and speak**
-  **How my friends behave**