

Calming Activities (Safe Space or Calming Space)

Give a student one of the cards below to go to the quiet space when they need it.



Use this break card to
go to the quiet place.



Use this break card to
go to the quiet place.



Use this break card to
go to the quiet place.

Calming Sequence with Hands



...and repeat

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Fidget Tool Ideas

- Stress ball
- Clay or plasticine
- Rubber squishy ball or animals
- Zen garden with rake and stones
- Mindfulness colouring pages & pencil crayons
- Cloud dough (mix a little baby oil into flour)

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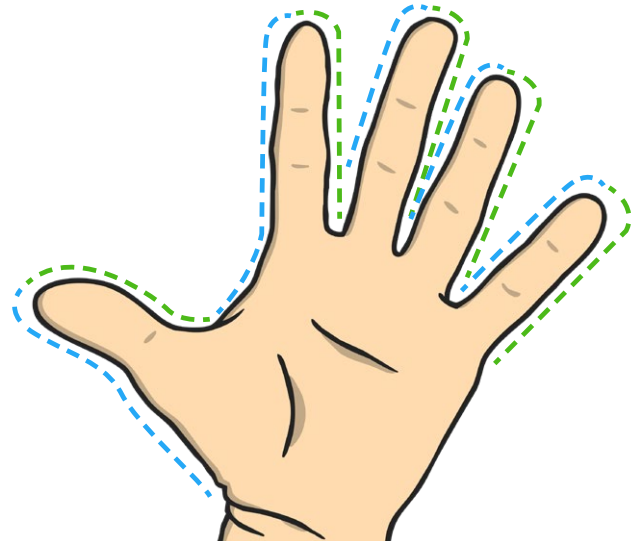
High Five Breathing

- Breathe in
- Breathe out

Step 1: Stretch your hand out in front of you.

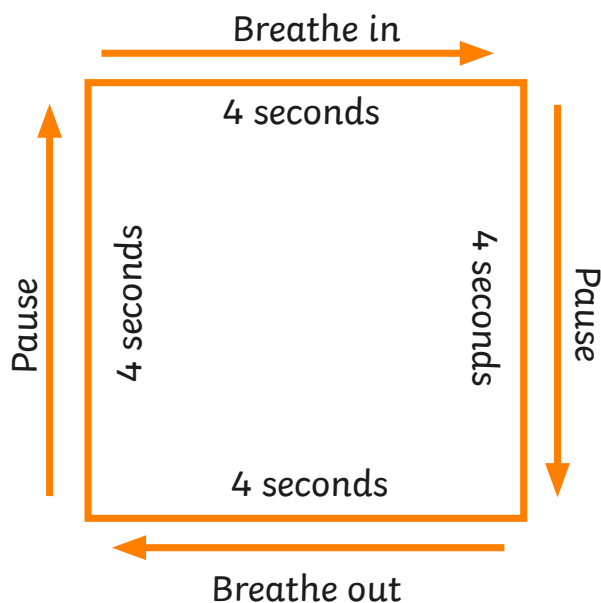
Step 2: Use the pointer finger of your other hand to trace around the fingers of your hand.

Step 3: Breathe in as you trace up and breathe out as you trace down.



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Square Breathing



Step 1: Breathe in for 4 seconds.

Step 2: Pause for 4 seconds.

Step 3: Breathe out for 4 seconds.

Step 4: Pause for 4 seconds.

Step 5: Repeat

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