

You belong

HERE

We're so glad
you're with us



Our circle is
STRONGER
with you in it!



We're better together.
You make this place great!



You are not your behaviour



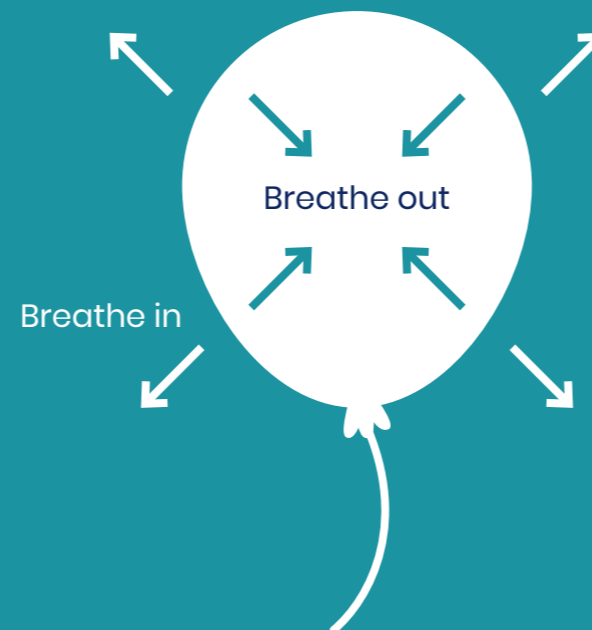
3 ways to help you feel calm

Finger breathing



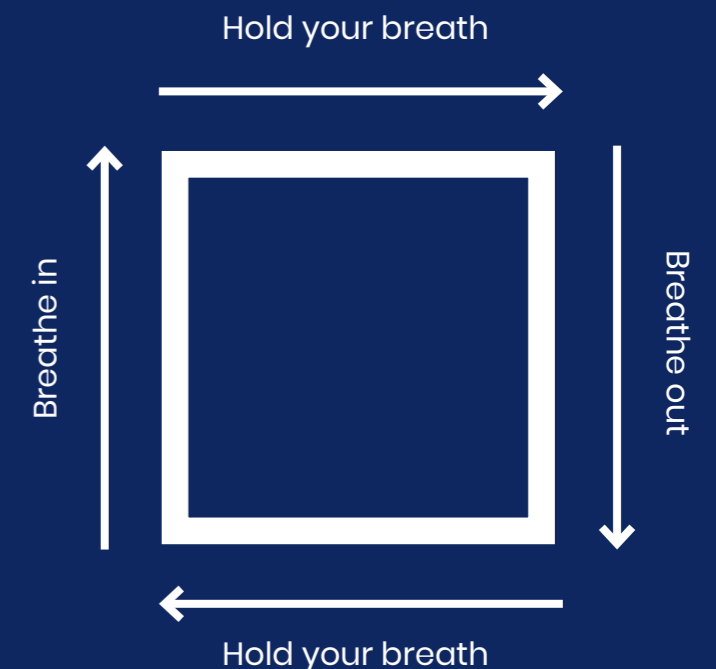
Trace around each of your fingers on one hand. Breathe in as you go up each finger and out as you go down them.

Balloon breathing



Breathe in through your nose and imagine filling up a balloon in your stomach. Breathe out through your mouth and imagine the balloon deflating.

Box breathing



Breathe in for 4 seconds. Hold your breath for 4 seconds. Breathe out for 4 seconds. Hold your breath for another 4 seconds.

Behaviour is communication

Did you know that your behaviour can give you clues about how you might be feeling and why?

