

Amazing Beautiful Determined Inspiring

Generous Creative Fantastic



Confident Calm Special Loving Unique Honest

Stress Busters

What are the things that cause me to feel stressed?

When I am stressed, I feel

These are all the things that I will do when I feel stressed:

This week's relaxation exercise

Peace Breaths

Breathe in deeply through your nose, and out slowly through your mouth.

Breathe in peace, breathe out peace. Only think about the breath entering your body and leaving your body. Breathe in. Breathe out. In your head, as you breathe in say to yourself "I am peaceful".

As you breathe out say, "I am calm".

Repeat this a few more times until you feel calm and ready to continue with your test.

Awesome

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Fantastic