

## Three Slow Breaths

Take three slow breaths together. Breathe in through your nose...and out through your mouth.

(Good for: first thing in the morning or after lunch)

## One Good Thing

Think of one good thing from today. It can be something big or something small.

(Good for: end of the day or quiet transitions)

## Stretch Like a Starfish

Take three slow breaths together. Breathe in through your nose...and out through your mouth.

(Good for: first thing in the morning or after lunch)

## Quiet Minute

Let's have one quiet minute together. You can close your eyes or look at the floor.

(Good for: calming a busy room or before learning)

## Five Senses Check-In

Name something you can see, hear, feel. Take your time.

(Good for: grounding and focus)

## Kind Thought

Think of something kind you could do today for a friend, teacher, or someone at home.

(Good for: social awareness and reflection)

## Calm Drawing

Draw anything you like for five minutes. No rules. No right or wrong.

(Good for: emotional regulation and creativity)

## Body Check

Sit comfortably and relax your body. Notice how you feel.

(Good for: older pupils or whole-class calm)