

| <b>B</b>                             | <b>I</b>             | <b>N</b>                                          | <b>G</b>                     | <b>O</b>                       |
|--------------------------------------|----------------------|---------------------------------------------------|------------------------------|--------------------------------|
| Uncooked<br>and<br>Cooked<br>Noodles | 5 4 3 2 1            | Funny<br>Face<br>Game                             | Telling<br>Jokes             | Sensory<br>Activity<br>(sound) |
| Deep<br>Breathing                    | Trauma               | Smelling<br>Flowers and<br>Blowing Out<br>Candles | Beach<br>Relaxation          | Survival<br>Brain              |
| Thinking<br>Brain                    | Visual<br>Relaxation | <b>FREE</b>                                       | Cloud<br>Relaxation          | Listening<br>to Music          |
| Mindful<br>Eating                    | Texture<br>Activity  | Progressive<br>Muscle<br>Relaxation               | Heart<br>Rate                | Singing                        |
| Head<br>Shoulders<br>Knees &<br>Toes | Coloring             | Stretching                                        | Water<br>Activity<br>(touch) | Fight<br>Flight or<br>Freeze   |

|                               |                        |                             |                        |                                          |
|-------------------------------|------------------------|-----------------------------|------------------------|------------------------------------------|
| <b>B</b>                      | <b>I</b>               | <b>N</b>                    | <b>G</b>               | <b>O</b>                                 |
| Visual Relaxation             | Beach Relaxation       | Telling Jokes               | Deep Breathing         | Smelling Flowers and Blowing Out Candles |
| Funny Face Game               | Water Activity (touch) | Sensory Activity (sound)    | Coloring               | Survival Brain                           |
| Mindful Eating                | Cloud Relaxation       | <b>FREE</b>                 | Listening to Music     | 5 4 3 2 1                                |
| Heart Rate                    | Stretching             | Uncooked and Cooked Noodles | Fight Flight or Freeze | Texture Activity                         |
| Progressive Muscle Relaxation | Singing                | Thinking Brain              | Trauma                 | Head Shoulders Knees & Toes              |

|                             |                        |                                          |                        |                             |
|-----------------------------|------------------------|------------------------------------------|------------------------|-----------------------------|
| <b>B</b>                    | <b>I</b>               | <b>N</b>                                 | <b>G</b>               | <b>O</b>                    |
| Coloring                    | Stretching             | Beach Relaxation                         | Singing                | Cloud Relaxation            |
| Uncooked and Cooked Noodles | Mindful Eating         | Progressive Muscle Relaxation            | Trauma                 | Sensory Activity (sound)    |
| Thinking Brain              | Fight Flight or Freeze | <b>FREE</b>                              | Texture Activity       | Heart Rate                  |
| Visual Relaxation           | Survival Brain         | Telling Jokes                            | Water Activity (touch) | Funny Face Game             |
| Listening to Music          | 5 4 3 2 1              | Smelling Flowers and Blowing Out Candles | Deep Breathing         | Head Shoulders Knees & Toes |