

SAFEGUARDING

Following on our strategies to support anxiety and keeping calm, here are some breathing exercises.

Taking slow, deep breaths can help you feel calmer and more relaxed. You can try just one of these exercises or as many as you like. You might need to repeat an exercise a few times until you feel it working.

Try to take deep breaths where you can feel your chest rising. When you breath out it might feel like you're slowly letting the air out of a balloon. You can close your eyes, look at something in the distance or not focus on anything at all.

Slow breaths

Breathe in slowly while you count 1, 2, 3, 4

Breathe out slowly while you count 4, 3, 2, 1

Repeat 4 times

Breathe and sigh



Breathe in through your nose

Make a big sigh and drop your shoulders downwards as
you breathe out through your mouth

Repeat 4 times

Calming words



Breathe in while you say to yourself "I feel calm"

Breath out while you say to yourself "I let go of stress"

Breath in while you say to yourself "Feel calm"

Breathe out and say to yourself "Let go of stress"

Deep calm



Breathe in for 4 seconds

Hold for 7 seconds

Breathe out for 8 seconds

Repeat 4 times



Breathe in, breathe out

If you're feeling overwhelmed, take some long, deep breaths.

Working together to keep our children safe and happy and calm

Halina Rooney

Deputy Head of Inclusion/SENCo