



Coasting back to shore

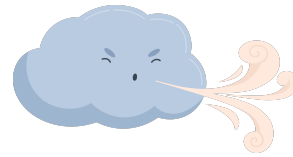


Now we are going to learn how to bring our heart rates down and feel calm again.

F - A slow, gentle breath with a long exhale helps children regulate their emotions and gives them something concrete to focus on.

Firstly, we are going to "Blow the Storm Away".

Breathe in gently through your nose for 3 counts.
Imagine the cool sea air coming in.



Breathe out slowly through your mouth for 5 counts.
Imagine you are gently blowing the storm clouds away.

F - Repeat 3—5 times, without forcing the breath.

Next we are going to do a "Pedro the Pelican Dive Re-set".

Still standing, spread your arms out like wings. On an in-breath, raise your arms slowly above your head (gliding up). On the out breath, sweep your arms down and bend your knees slightly as if you are a Pelican diving into the water.



Now we are going to finish with "Five things on the shore".

Look around the room and see if you can find five things you might find on a beach. This can be anything from bottles or shoes, to leaves or twigs. Do this in your head and really think about each item and what it would look like washed up on shore.



Well done. Now lets once again check our heart with our hand. How are you feeling now?



You should be completely calm again.

Remember, these exercises also work when you are feeling scared or worried.



Use after Racing Hearts.