

Breathing Technique

- Sit in a comfortable spot.
- Close your eyes.
- As you breathe in imagine ocean waves crashing onto the shore. As you breathe out imagine the waves going back to the ocean.

Mindful Listening

- Sit in a comfortable spot.
- Close your eyes.
- Try to focus only on what you hear. Take time to notice all the different sounds. Notice where the sounds might be coming from and what they might be.

Mindful Observer

- Stand near a window.
- Allow yourself to just observe.
- Notice what you see. Notice any animals that move. Notice the trees. Focus only on the thing you see.

Rainbow Observer

- Stand near a window.
- Take time to observe.
- One at a time, notice things that are each color in the rainbow (Red, orange, yellow, Blue, Green, and Purple).

Body Scan

- Sit or lay down in a comfortable spot.
- Close your eyes.
- Squeeze each muscle in your body as tight as possible for a few moments, then release and relax for a moment. You can do all muscles at once, or one muscle/body part at a time.

Calm Down Countdown

- Name
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste

Affirmation Meditation

- Think of a short word or phrase that makes you feel happy.
- Close your eyes and try to keep your breathing steady.
- Repeat the phrase over and over for a few moments.
- Some examples: I am smart, or I am happy, or I am strong.

Gratitude Meditation

- Sit in a comfortable spot.
- Close your eyes.
- Start picturing all the people and things in your life that you are grateful for.
- Picture each one for a moment then move on to the next one.

