THE STRESS RELIEF GIRAFFE

OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation mediation techniques

- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy

- Change location / surroundings
- Use a stress ball / fidget toy
- Give themself a 10-second hug to boost their mood

- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside

- Play
- Hydrate with water

CAMHS