

Our St Barnabas Emotion Toolkit

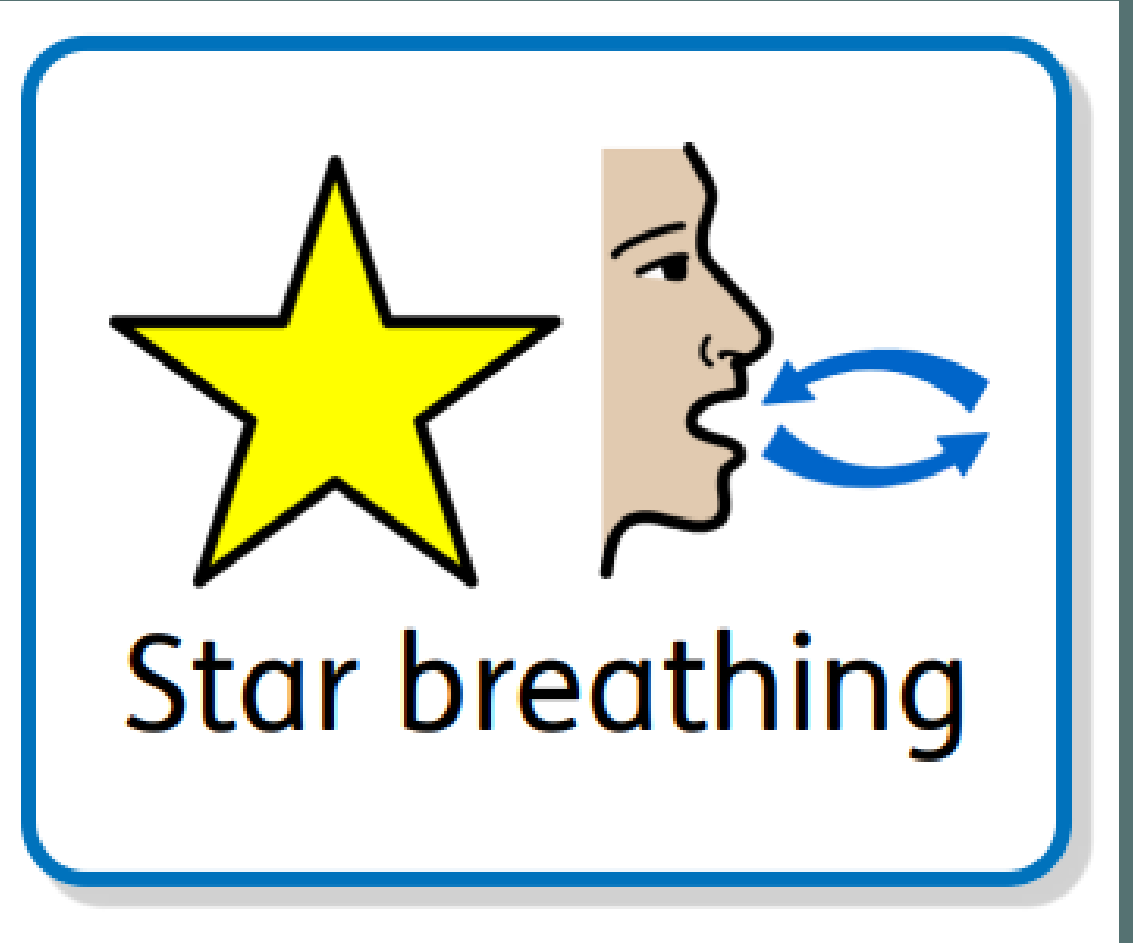


Emotion
Toolkit

Trace the side of each finger, breathing in through your nose as you go up towards each nail, and out through your mouth as you go downwards.

If you wish to do this more discretely, you could

- *Follow your fingers under the table.*
- *Touch each nail whilst taking each breath in and out.*

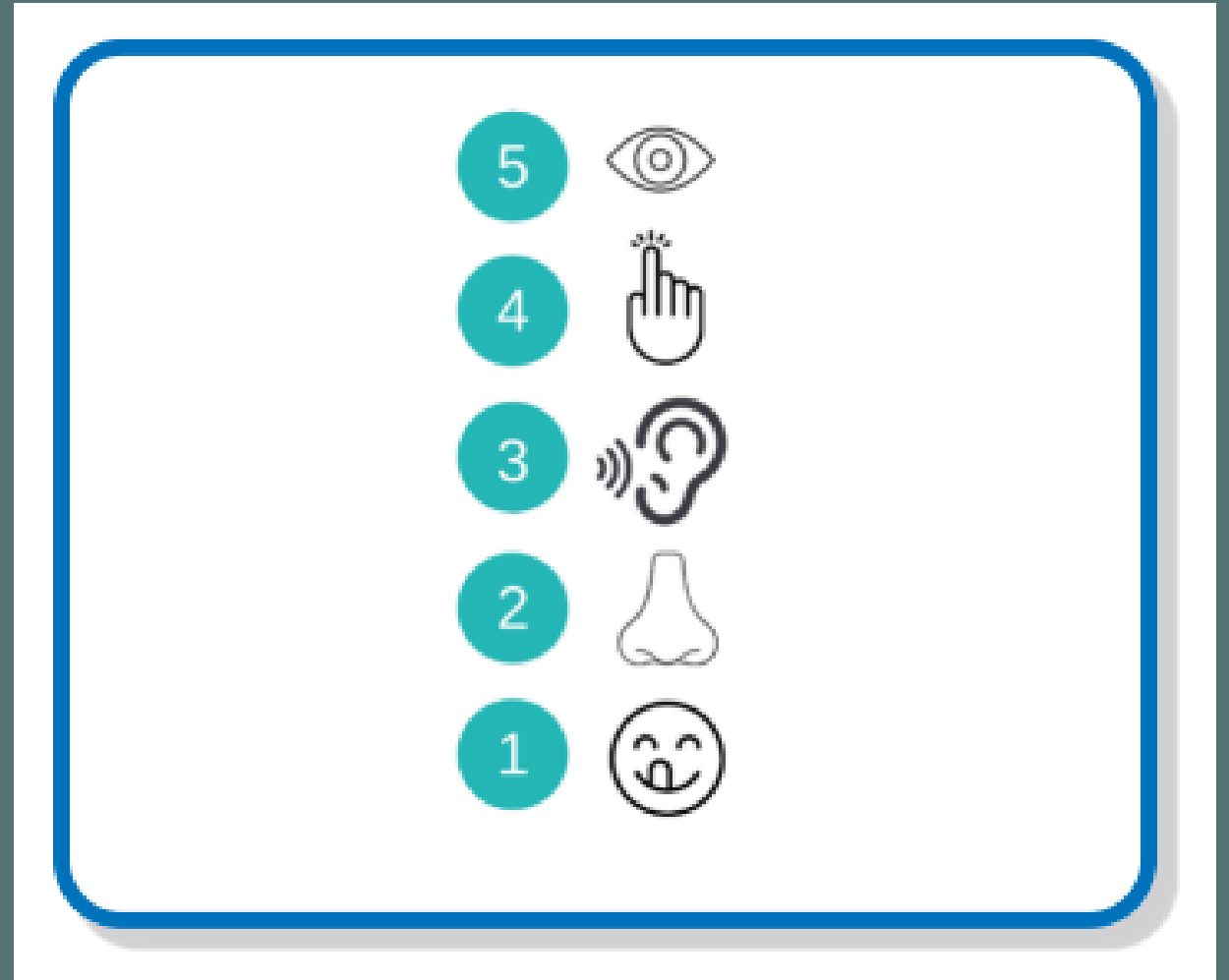


Say

5 things you can see,
4 things you could touch,
3 things you can hear,
2 things you can smell and
1 thing you can taste.

*If you wish to do this more
discretely, you could*

- Do this in your head.*

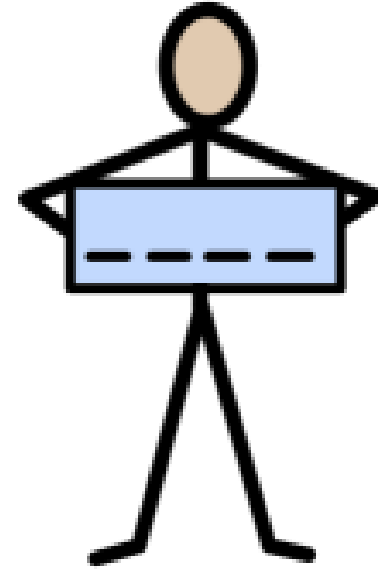


Think of a broad category,
such as ice cream flavours,
musical instruments,
football teams,

How many different ones
can you name in a minute?

*If you wish to do this more
discretely, you could*

- *Do this in your head.*

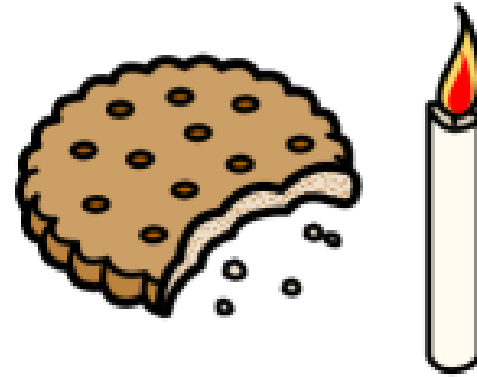


Name it!

Breathe in through your nose to the count of 4, as if you are smelling a freshly baked cookie.

Breathe out through your mouth to the count of 4 as if you are gently blowing a candle.

Repeat.



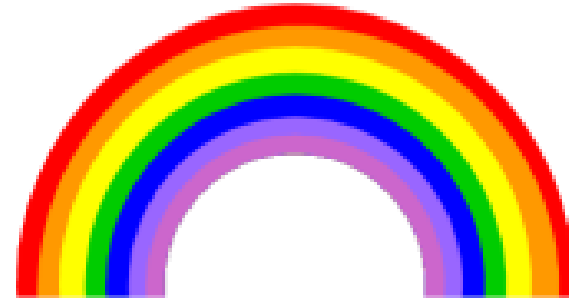
Cookie/candle
breathing

Pick a colour. How many things can you see that are...?

Can you find something for each colour of the rainbow?

If you wish to do this more discretely, you could

- *Do this in your head.*



Colour hunt

Sit.

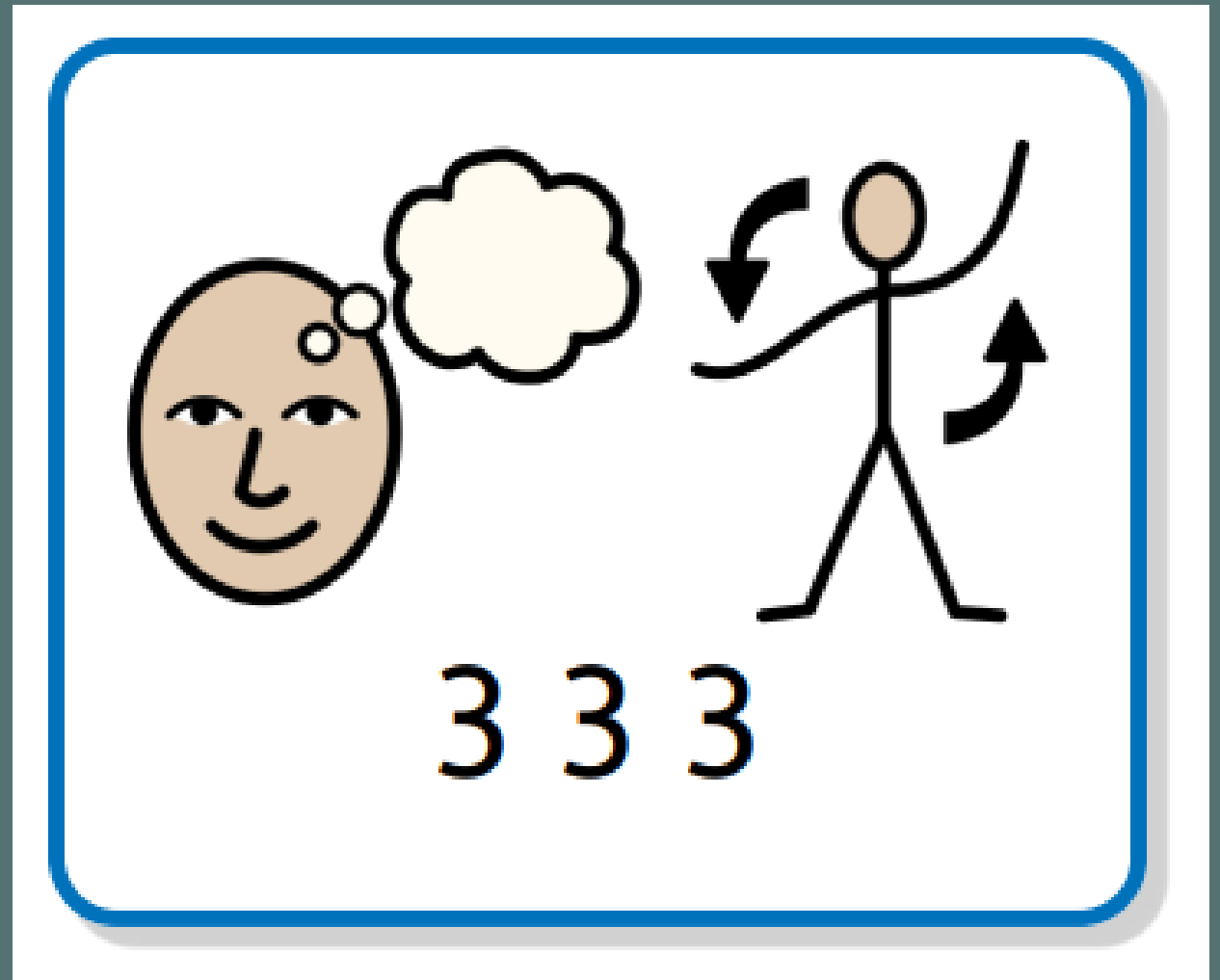
Take a couple of deep breaths.

In your head, name 3 things you can see.

In your head, name 3 things you can hear.

Move 3 body parts eg fingers, toes, ankles, head.

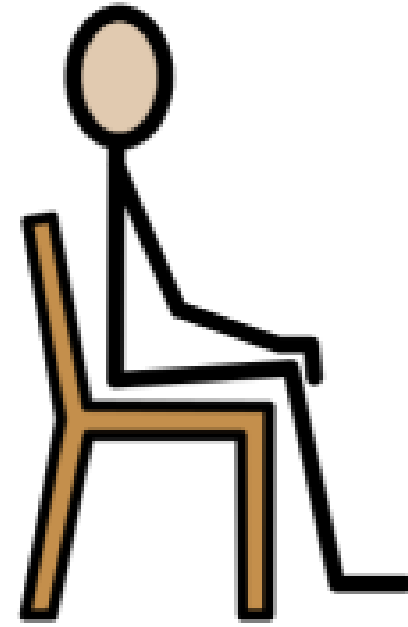
Take a couple of long, slow deep breaths, in through your nose and out of your mouth.



Sit on your seat.

Push your bottom and back firmly into the seat. Then push both your feet into the ground.

Take a couple of long, slow deep breaths, in through your nose and out of your mouth.



Seat Feet Back