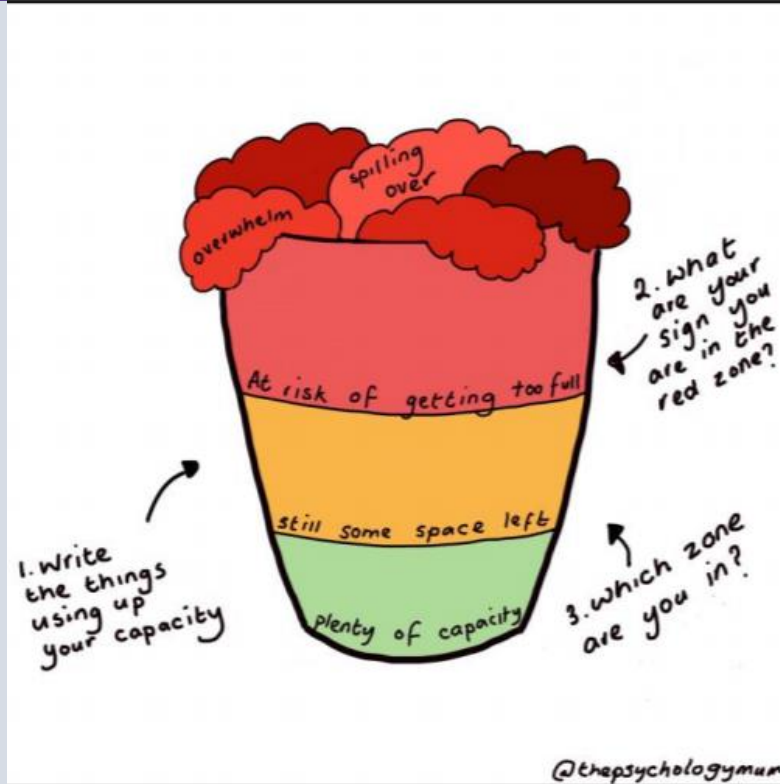


Take Away Tips



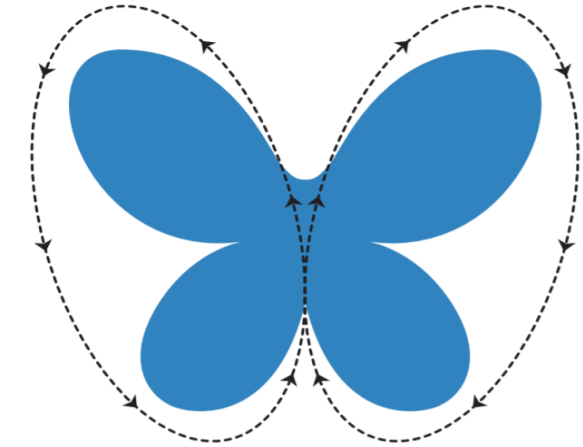
Consider things to take out of your “cup”.

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Butterfly Breath

Individuals of any age can benefit from learning deep-breathing techniques such as the “Butterfly Breath.” Follow the instructions below to teach your child how to feel calm and manage tough emotions through focused, deep breathing.



Trace the butterfly with your finger starting in the middle and taking a deep breath in.
As you cross over to the other side of the butterfly, slowly let your breath out.
Continue breathing around the butterfly until you have a calm body and mind.

Use Breathwork techniques to help you manage feelings of stress and help to better equip you to deal with things in your cup.

Further supports on managing worries and feelings of anxiety can be found on the Educational Psychology Digital Hub - <https://sites.google.com/ab-ed.org/educational-psychology-service/school-staff/anxiety>