



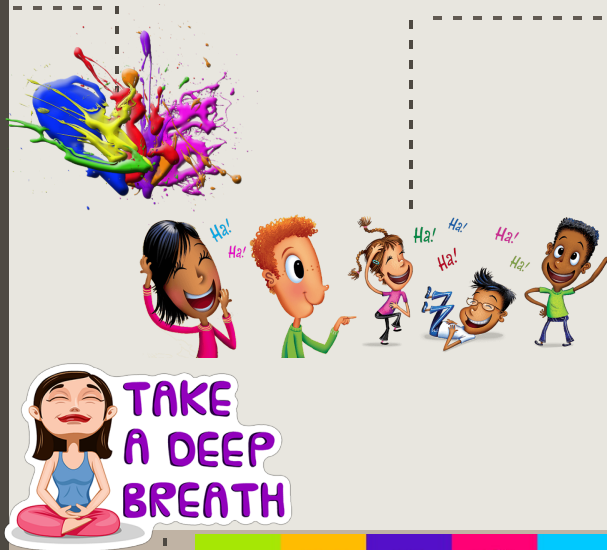
Rydal Relax and Calm

It is really important that you take the time to unwind, relax and calm down. Try some of these exercises at home.



#1 Paint it!

Paint it out. Not only does painting give the brain something to focus on other than the stressor, but participating in visual arts has been linked to resilience to stress in general.



#2

Tell a joke

Watching a show your students love, telling jokes or taking turns to pull funny faces at each other can be a great way to relax and handle nervousness.



#3 Deep Breathing

There are many different ways to practice deep breathing. A simple one is from the students to breathe in like they are smelling a flower and breathe out like they are blowing out birthday candles.

#4 5 4 3 2 1

Students and adults can use their senses to countdown and relax. Students, look for 5 things you see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 you can taste.