

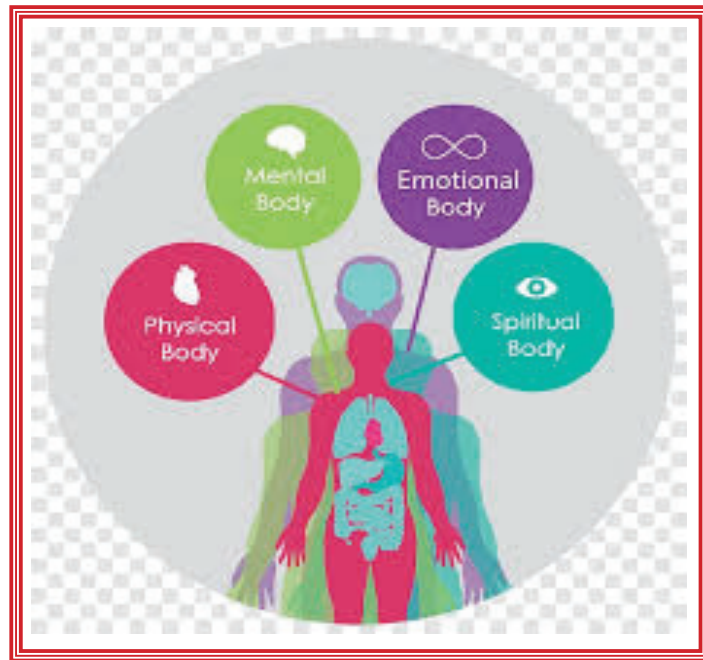
Calming Pack for ESOL Learners



This pack has been
designed for ESOL
learners with a range
of activities to help
keep you calm and
positive during this
challenging time.

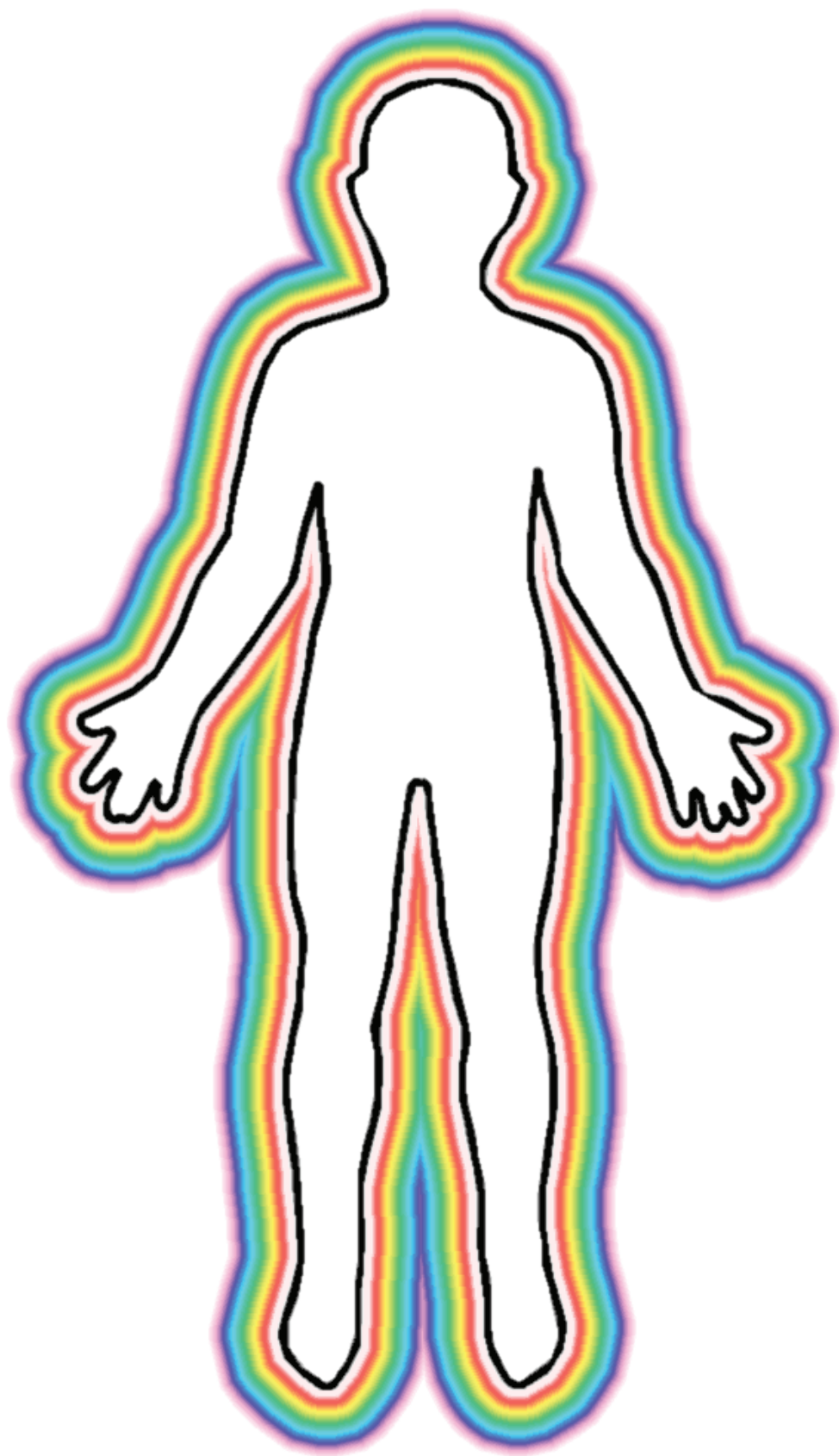
Have fun and enjoy!

You are important



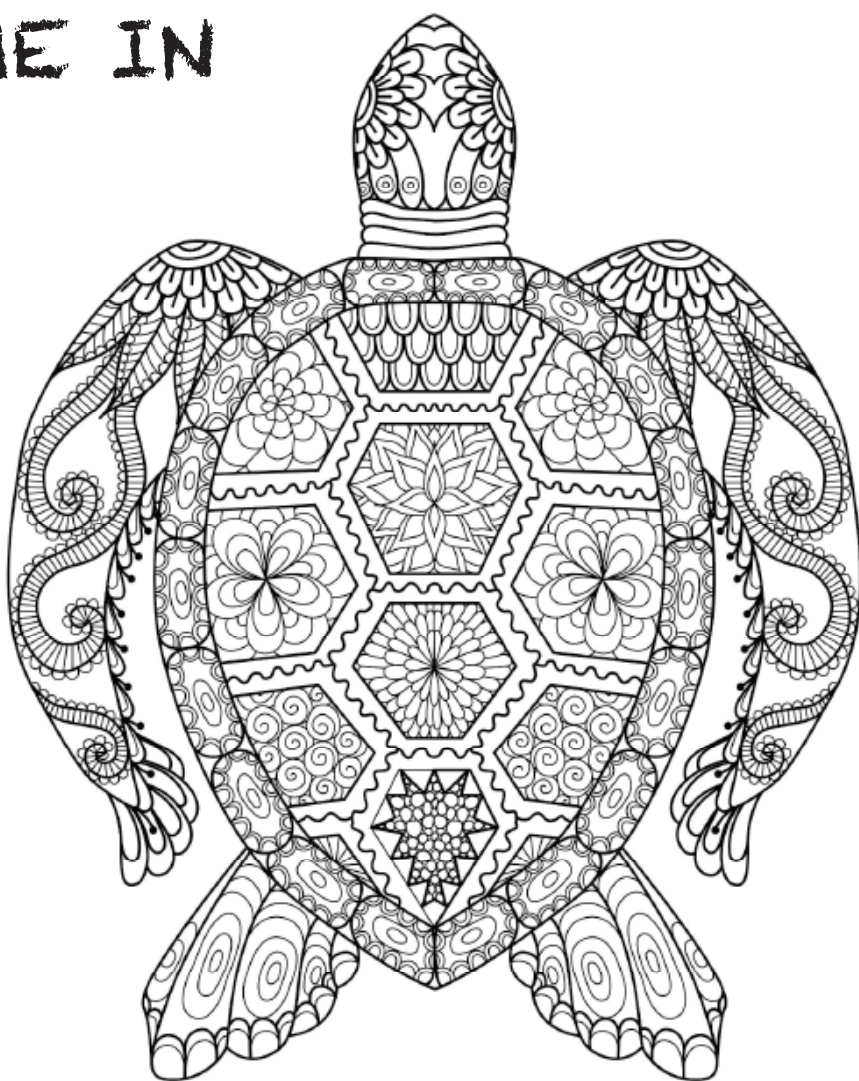
Find yourself a space and ask yourself these questions and fill in the body on the following page:

- What might your breathing look or feel like?
- Where is it coming from and where does it go? What colour would you want it to be?
- Colour in different parts of the body to show the temperature. What parts might feel boiling, hot, warm, or cold and even sweating.
- Are there any places where there may be some pain, or it hurts? What does it look like and what colour would it be?
- Where is the most energy?
- Where is the least energy?
- What do the different body parts feel?





COLOUR ME IN



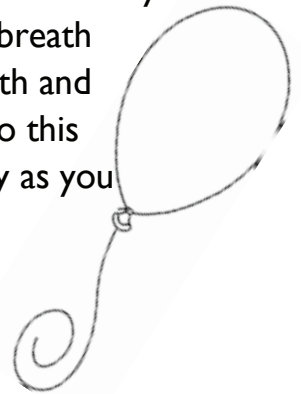


COLOUR ME IN



Time to breathe

Balloon Breathing – Sit down comfortably, and place your hands around your mouth as though you are about to blow up a balloon. Take a big breath in through your nose, and then push the air slowly out your mouth and spread your hands as though you are blowing up your balloon. Do this over again until your balloon is as big as can be. Then, gently sway as you release your balloon up into the sky.

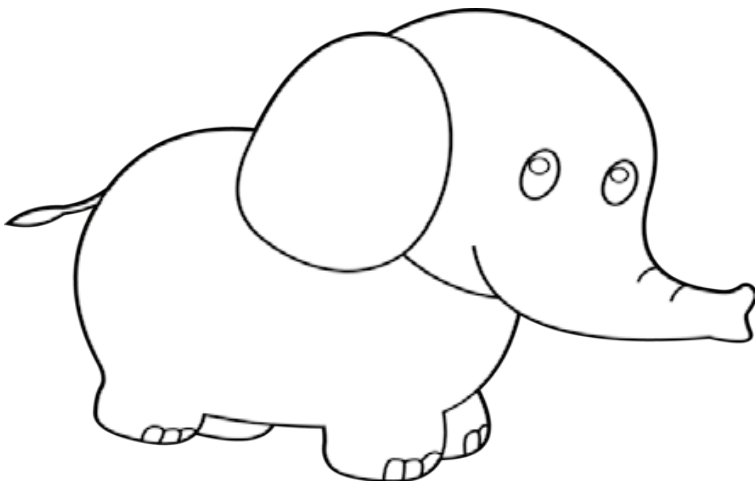


Tummy Breathing - Lie on the floor and place a little teddy (or something else small) on your tummy. Breathe in deeply through your nose and feel your little teddy rise, and then feel it lower as you slowly breathe out through your mouth. Rock your little teddy to sleep using the rise and fall of your stomach.

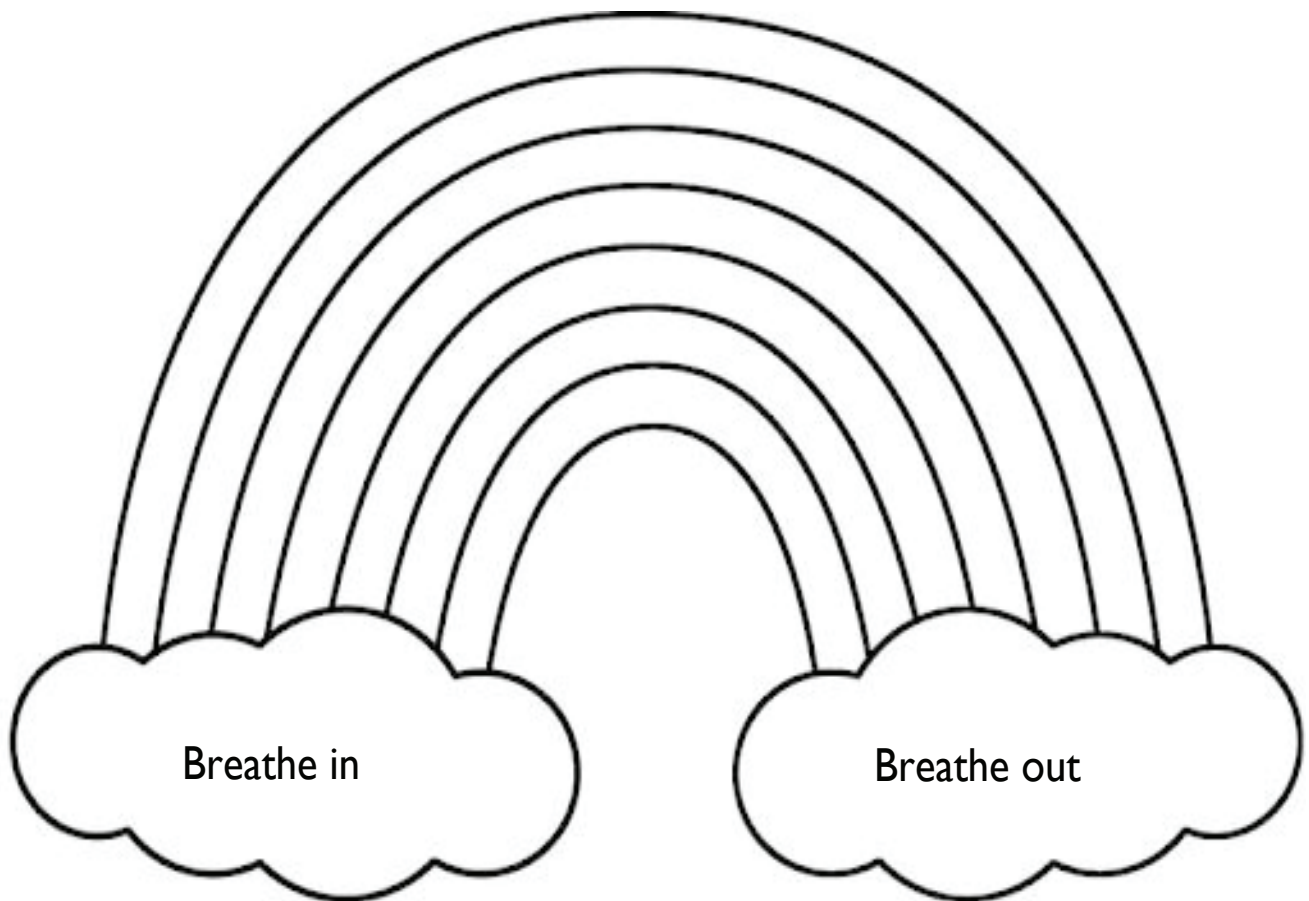


Bumblebee Breathing - Sit down comfortably, and gently place one finger tip in each ear, and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

Elephant Breathing - Stand up with your feet wide apart and dangle your arms in front of you like an elephant's trunk. Breathe in deeply through your nose and raise your arms up as high as they can go. Breathe out through your mouth and slowly swing your arms down; you could even make an elephant trumpet noise!



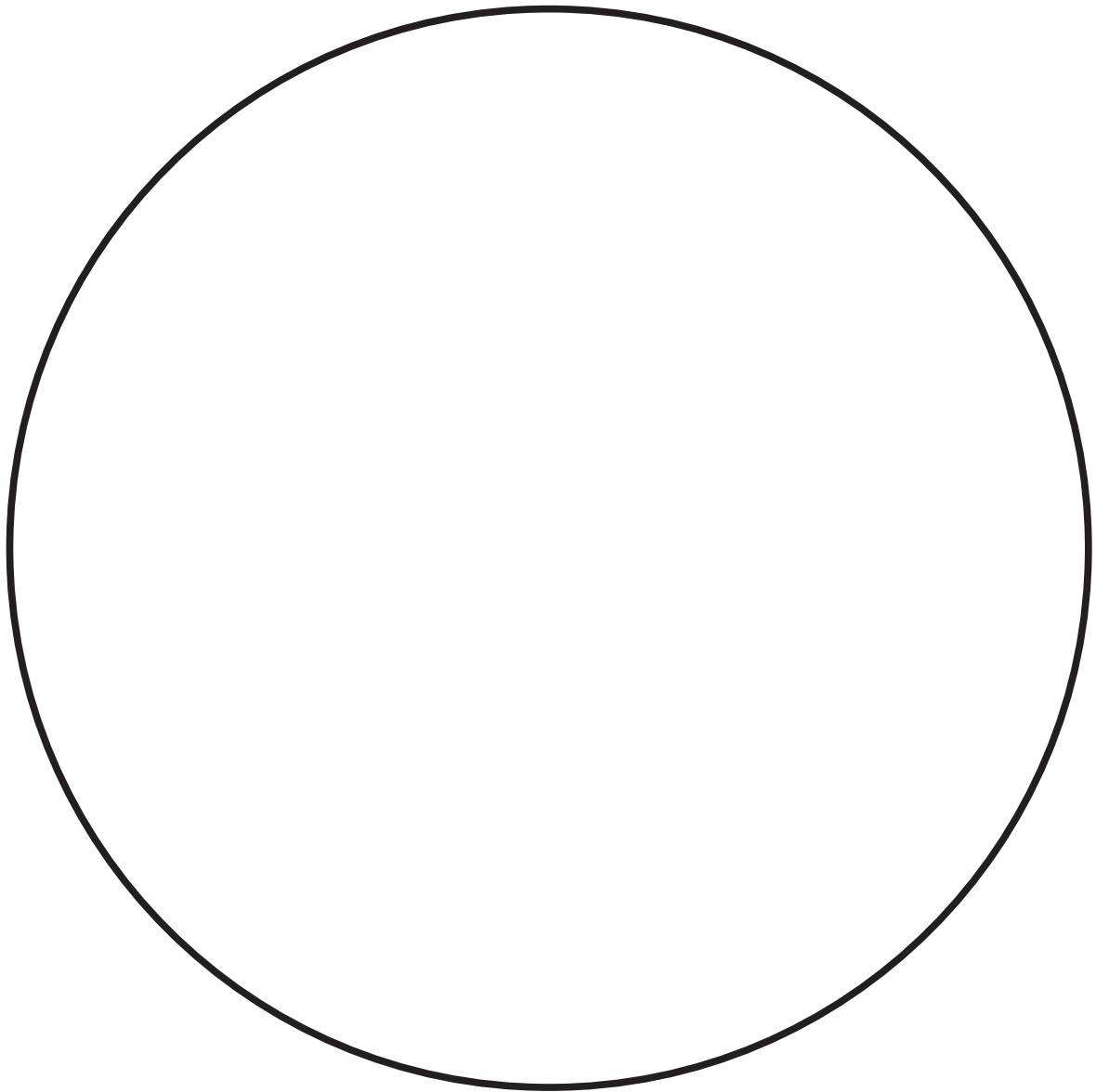
My Grounding Rainbow



Trace your rainbow with your finger while breathing in and out, then colour in your rainbow.

Create Something!

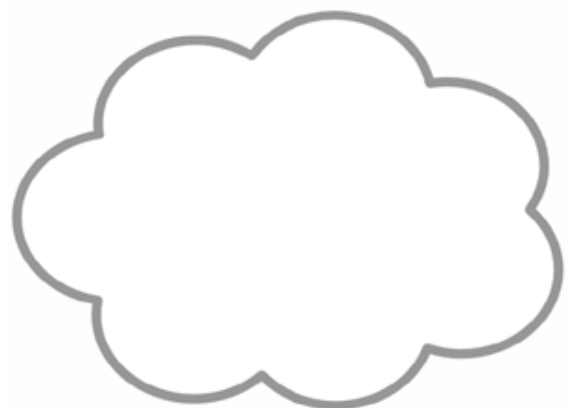
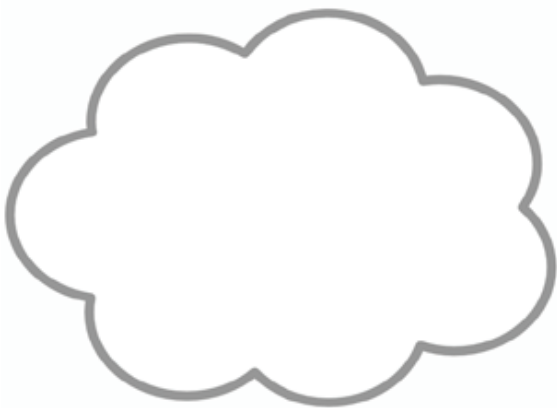
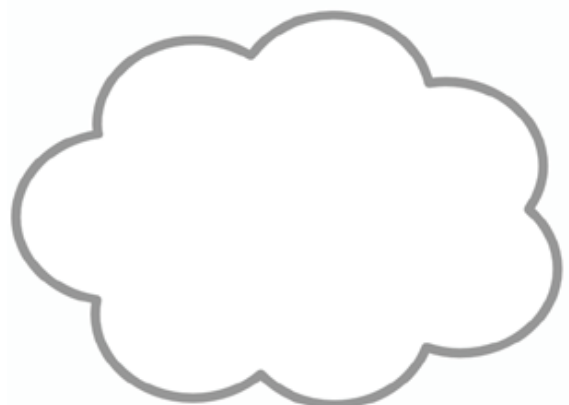
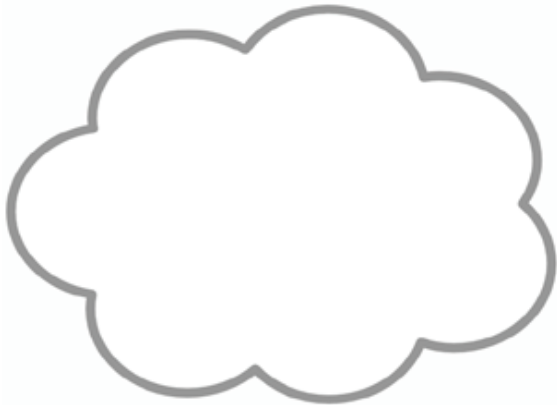
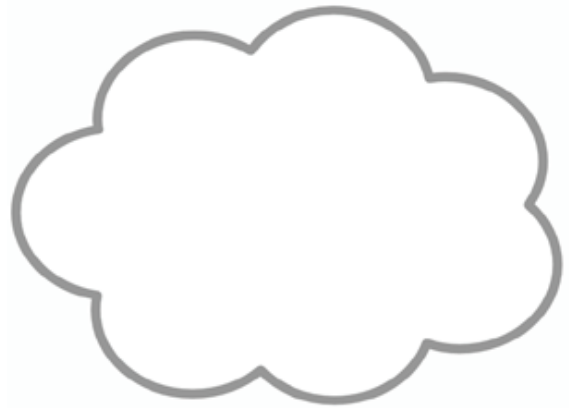
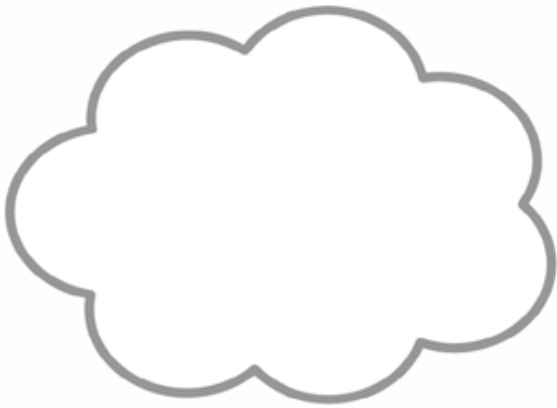
Draw, scribble, or write anything that comes to mind.



My creation is titled:

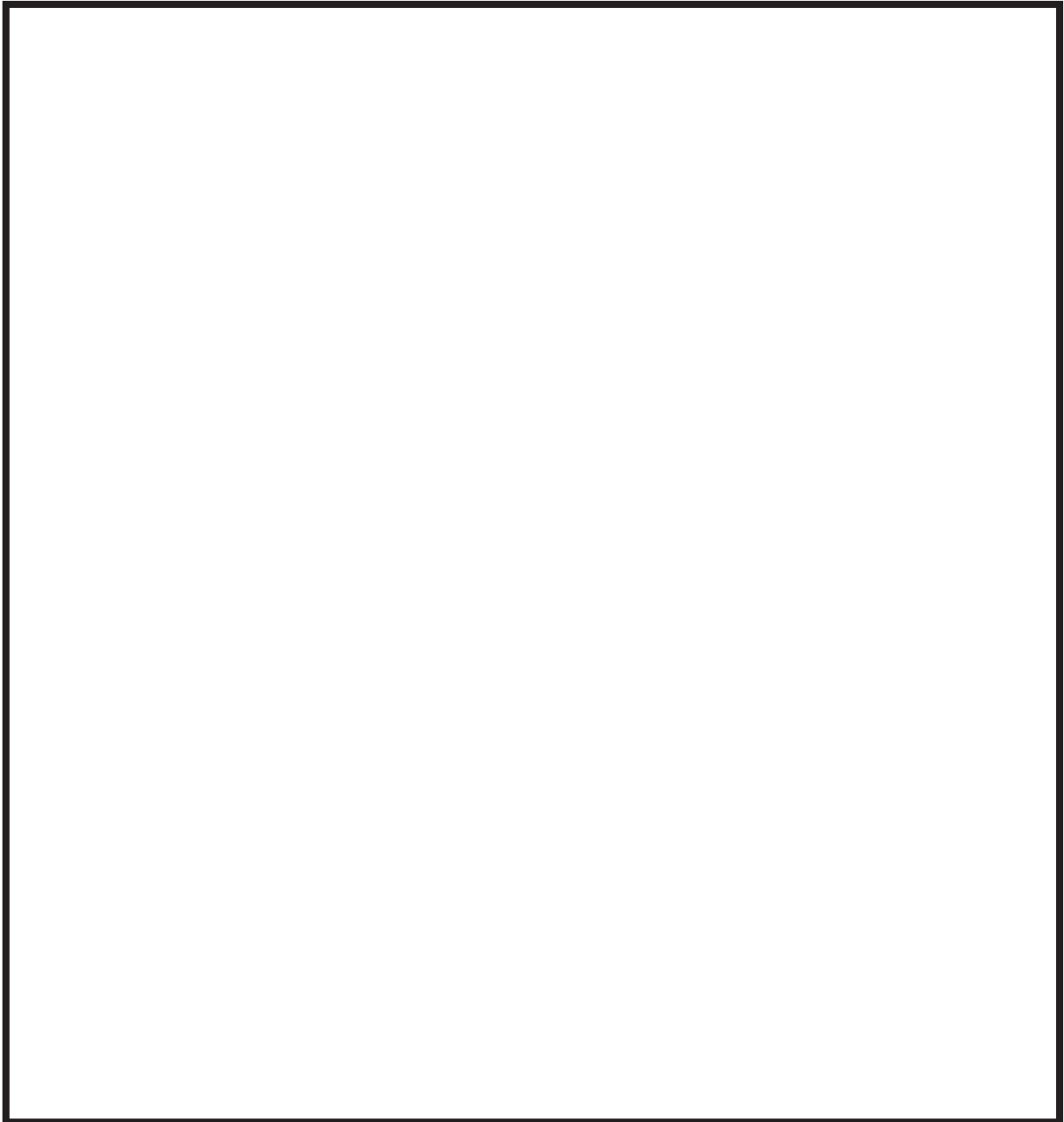
My Thought Clouds

Get yourself comfortable, and focus on your breathing. When you notice a thought pop into your head, write it on a cloud and let it float away.



Create Something!

Draw, scribble, or write anything that comes to mind.



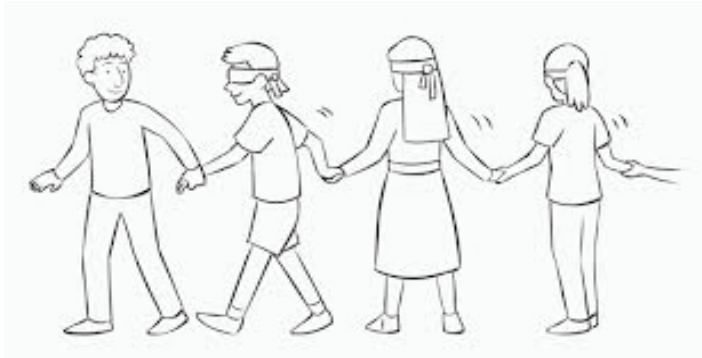
Simple and Sensory Section

Try with your
children or family
members!



How many of these following sensory movements can you get through each day

1. **Follow your leader** - Close your eyes and let someone lead you around your house and garden

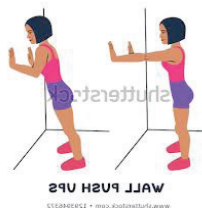
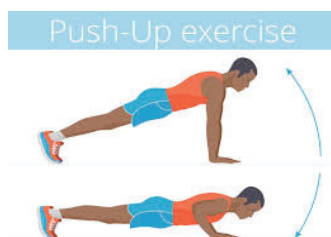


Swap the leader!

2. **Who is the wheelbarrow winner**, race each other!!



3. **Push-up Challenge**: Say the alphabet and do as many push ups as possible.



4. Taste test



What can you taste?

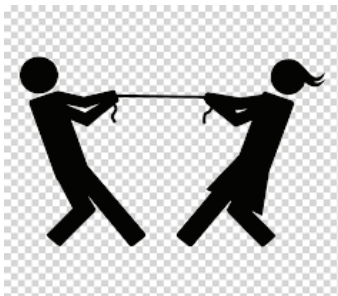
5. Leapfrog – set up objects you can leapfrog over



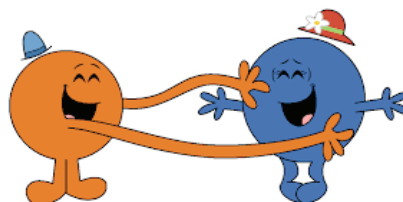
6. Guess What? What can you feel in your hands?



7. Who is the strongest? Friendly game tug-of-war.



8. Laugh! Start a tickle fight.



Plan what to do each week

	Follow Your leader	Wheelbarrow Race	Push ups	Taste test	Leapfrog	Tug- Of-war	Tickle fight	Bang Bang	What can you hear?
Monday									
Tuesday									
Weds									
Thursday									
Friday									
Saturday									
Sunday									

What do you like to do?

Balance Lifestyle Plan

I will create a balanced lifestyle by doing the following

Make a list from all you have learned and like to do from this workbook

Taking care of myself (exercise and eating healthy foods)

Taking care of my space (cleaning, relaxing)

Staying connected with others (calling or writing letters)

Taking care of my mind (relaxation, deep breathing, being creative)

Enjoying myself (having fun, playing exercising, being creative)

Acknowledgements

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