## Coping with Mindfulness and Grounding

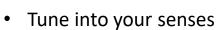


• Find 5 - Pick a color or category









- Notice what you can see, smell, hear, taste, and touch
- http://kidsrelaxation.com/uncategorized/spider-manpracticing-mindfulness-and-increasing-focus/

Mindful breathing with a breathing buddy

Practice gratitude!



- Mindfulness and Relaxation apps
  - Headspace; Breathe Kids;
    Mindshift; Breathe, Think, Do with
    Sesame







