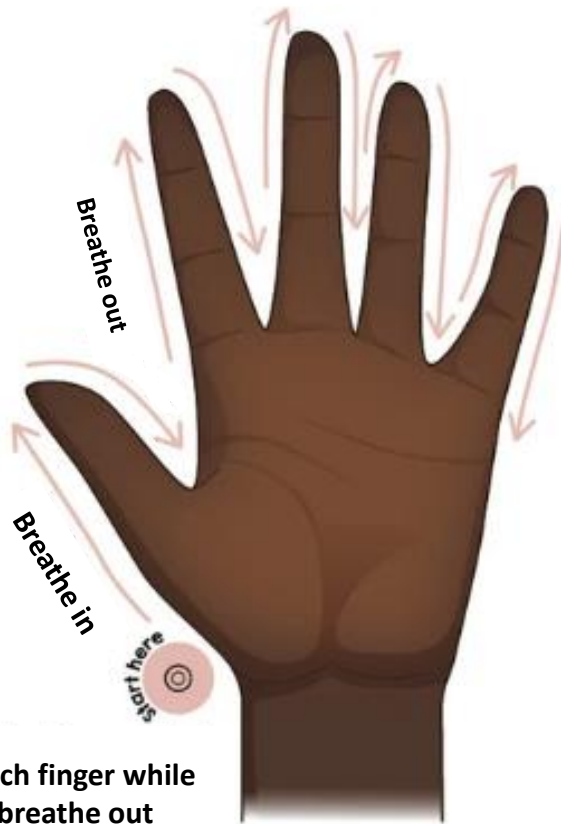


Promoting Good Mental Health

Here is a breathing technique which can help you to calm down and refocus your thoughts

5 FINGER BREATHING

FOCUS ON BREATHING TO GET GROUNDED



Slowly trace around each finger while you breathe in and breathe out

If you still need help talk to a trusted adult

You will find Mrs Oliver and Mrs Yates in the Rainbow Room

The Rainbow Room is a safe place to go for help, support and advice

