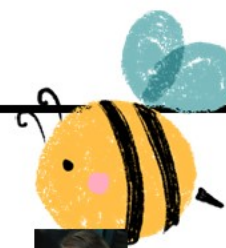


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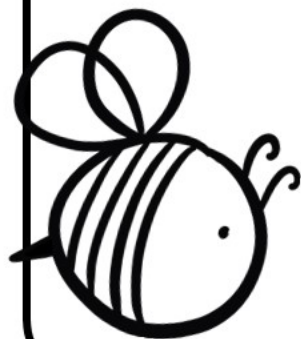
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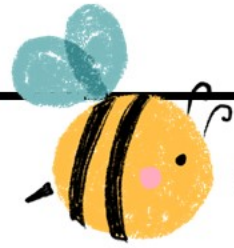
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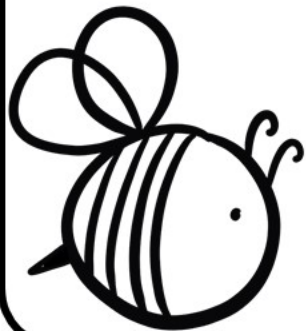
Other resources you will LOVE!



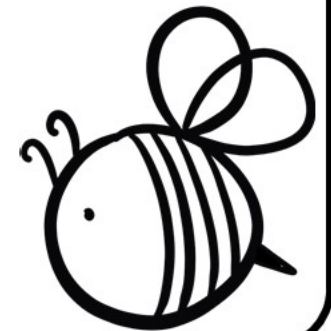
Please click the image to take you to this related and relevant resource:

### Games Bundle

- Charmer Llama Compliments game
- Conversation game
- Respect Bingo game
- Truth or Lie game
- New Year reflections game
- Emoji all change game
- Kindness game
- Feelings First game
- Is it bullying game
- How do you say it game
- Learning from mistakes
- Choose the feeling



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# Breathing wheels

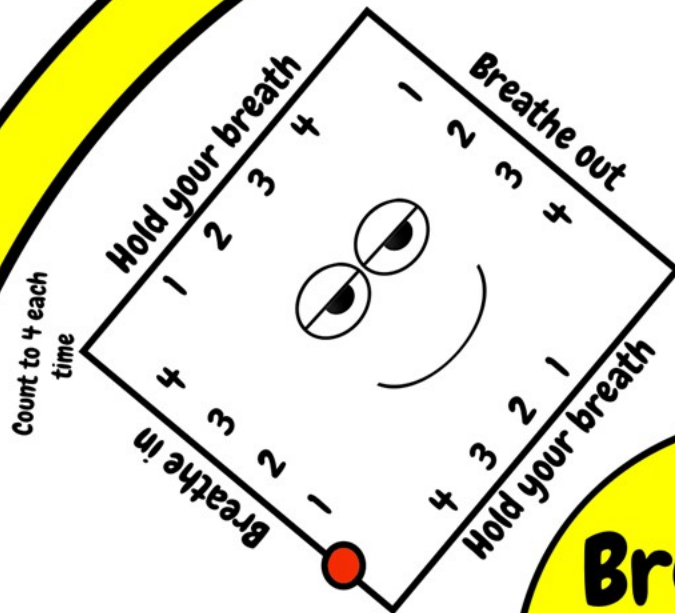
Print and laminate the wheel and cut out. Use as a reminder for breathing strategies when anxious or angry.

Print it BIG and pop on your wall!



# Breathing wheel

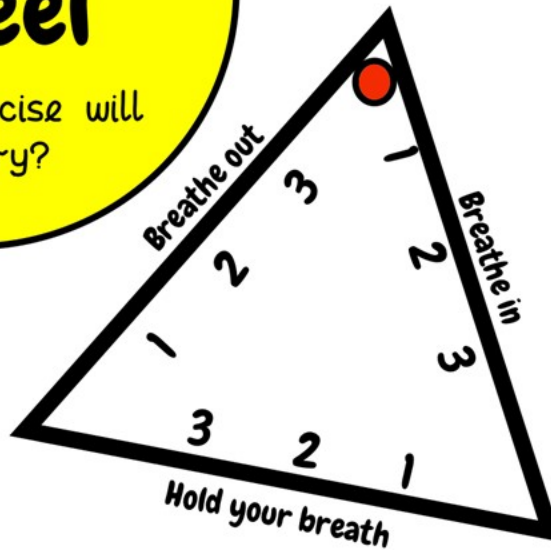
Which exercise will you try?



7/11

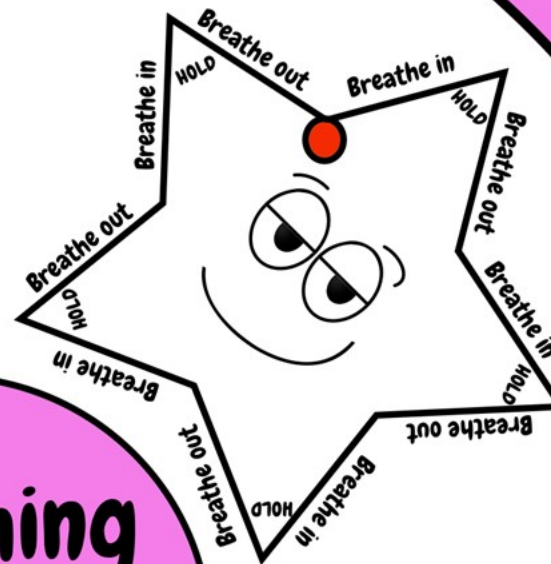
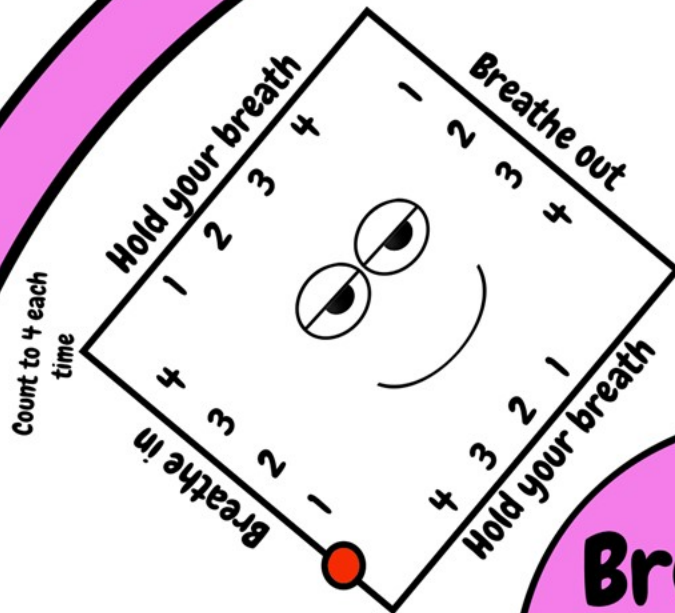
Breathe in for the count of 7

Breathe out for the count of 11



# Breathing wheel

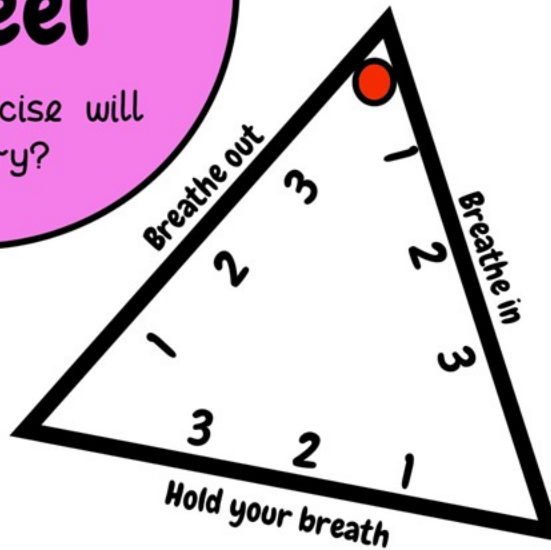
Which exercise will you try?



7/11

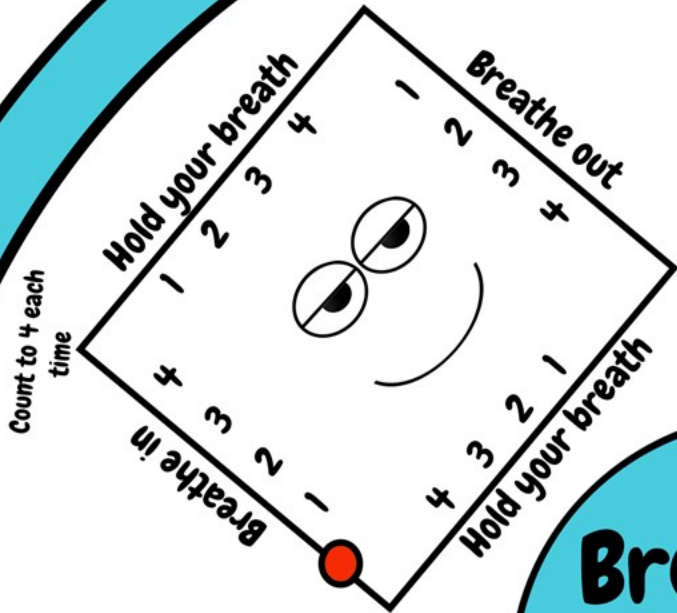
Breathe in for the count of 7

Breathe out for the count of 11



# Breathing wheel

Which exercise will you try?



7/11

Breathe in for the count of 7

Breathe out for the count of 11

