

# Breathing Rainbow

## Need a Break?

- Breathe In
- Lift Your Arms
- Count to 5



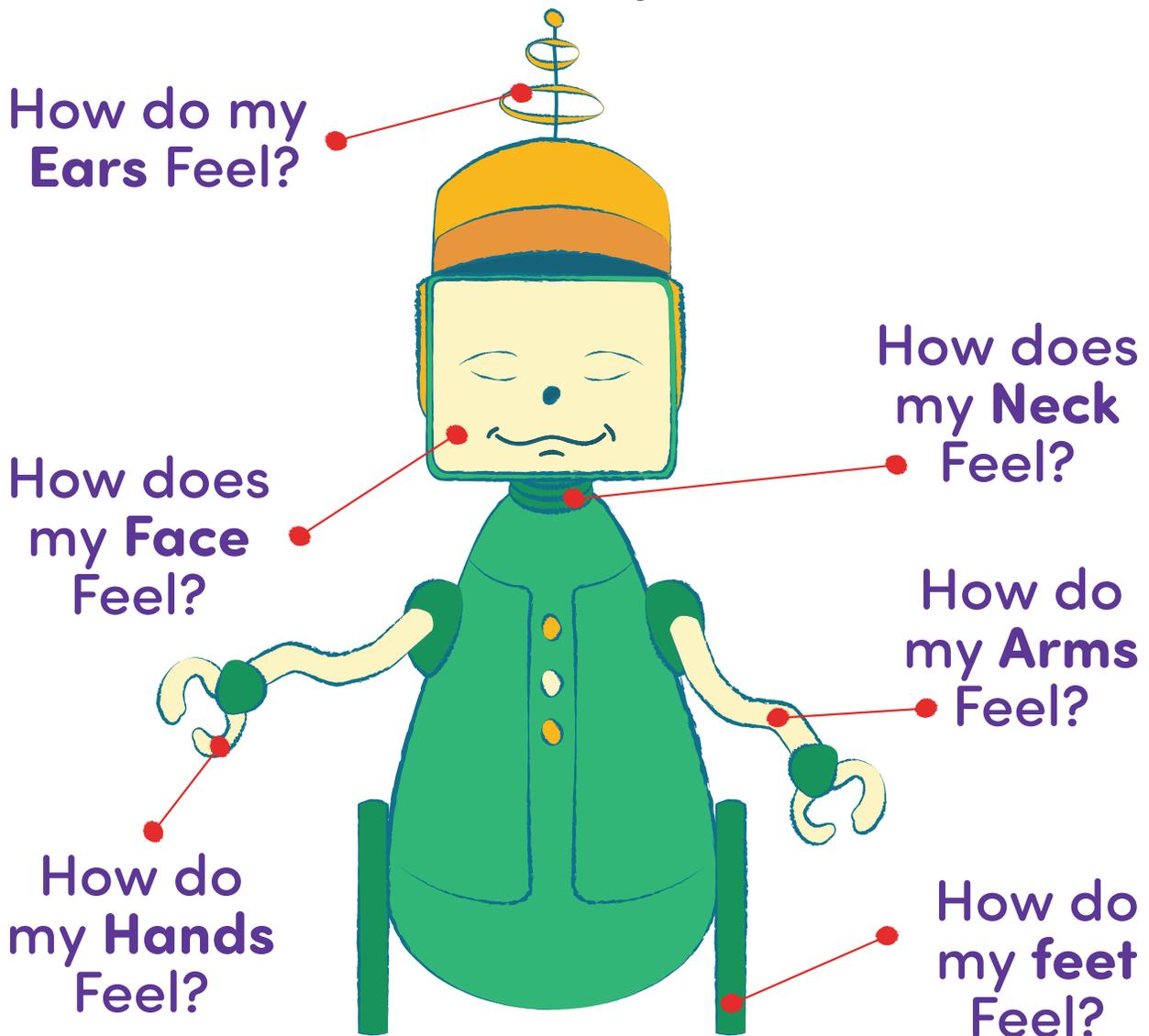
- Breathe Out
- Lower Your Arms
- Count to 5

**Bumper & McDog**™

# Body Check

## Feeling Stress? Try This!

- Close Your Eyes
- Feel Each of Your Parts
- How Do They Feel?



**Bumper & McDog**™

# Squeeze and Stretch

## Feeling Upset?

- Breathe In
- Squeeze Tight
- Count to 5



- Breathe Out
- Stretch Your Body
- Count to 5

**Bumper & McDog**™

# My Happy Place

## Need Quiet Time?

- Picture a Happy Place
- What Do You See?
- What Do You Hear?

© 2024 Green Pudding Press. All rights reserved. Bumper & McDog are trademarks of Green Pudding Press. For personal use only.



greenpudding.com

**Bumper & McDog**™



# What Can You Hear?

## Too Much Noise?

- Close Your Eyes
- Listen For Just One Sound
- Breathe In and Out



© 2004 Green Pudding Press. All rights reserved. Bumper & McDog are trademarks of Green Pudding Press. For personal use only.

# Calm Time Rhyme

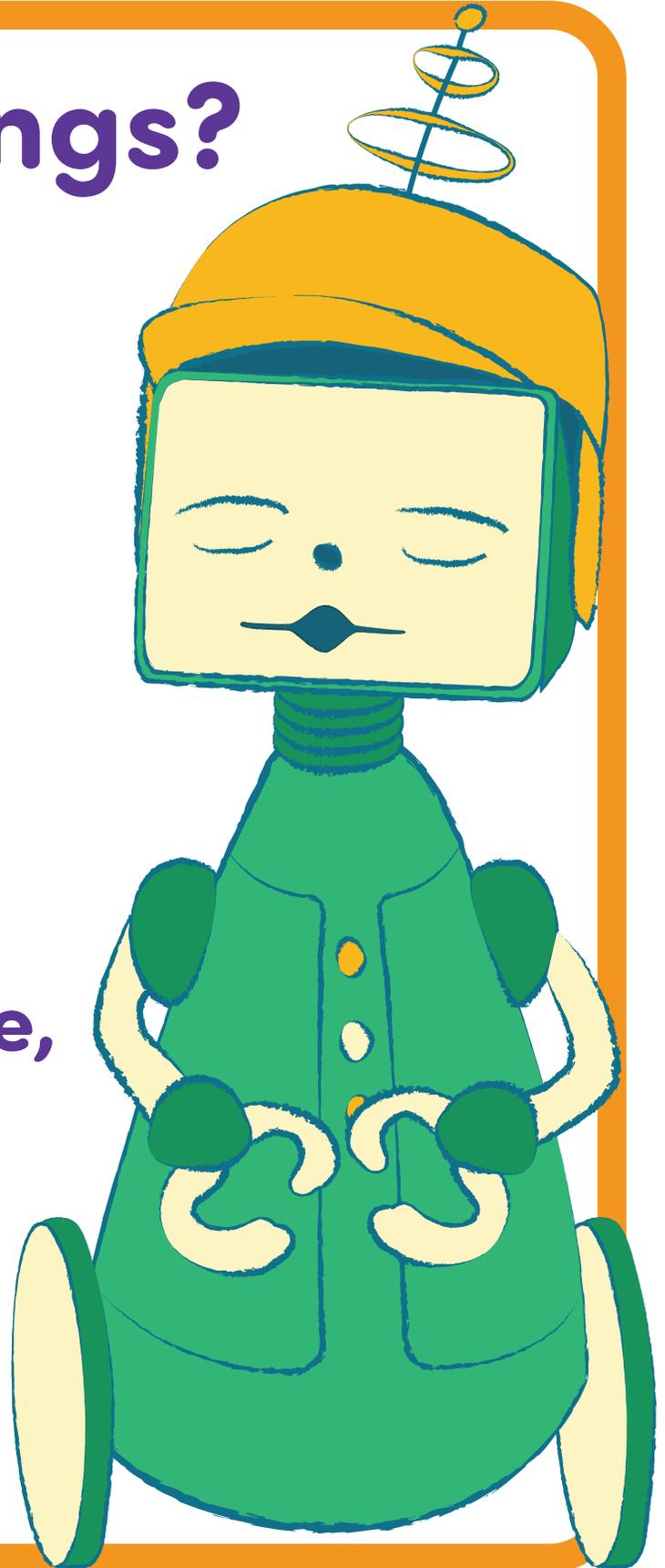
**Big Feelings?  
Say This!**

**I am calm,  
I am safe,**

**I can do this,  
I am brave.**

**I am strong,  
I take my time,**

**I feel happy,  
all is fine.**



**Bumper & McDog™**

[greenpudding.com](http://greenpudding.com)