

## ART FOR WELLBEING IN THE CLASSROOM

# PERSONAL TOOLS FOR ANXIETY DEEP BREATHING / FINGER PULSING / 5 SENSES

These are excellent tools for all children to learn.  
They can use them as and when needed.

<b>Good for</b>	Reducing anxiety/ nerves Coping with persistent worries Resilience Before tests / exams
<b>Length</b>	As long as you want / personal preference
<b>Resources</b>	None needed
<b>Actions</b>	<p>Sit in a circle Maybe ask if anyone struggles with worries. Here are some tools you can use to cope with them:</p> <p><b>1. Deep Breathing</b> Invite the group to <i>Shut Your eyes...</i> <i>Feel the ground solid beneath your feet</i> <i>Focus on your breathing – breathe in, feel your tummy expand, hold 1,2 3 – and breathe out... 1,2,3.</i> <i>As you breathe out feel any tension you have leaving your body.</i></p> <p>Repeat for as long as you need. This can be accompanied with stretching / body scan.</p> <p>Sit in a circle Maybe ask if anyone struggles with worries. Here are some tools you can use to cope with them:</p>



## ART FOR WELLBEING IN THE CLASSROOM

<p><b>Actions</b></p>	<p><b>2. Finger Pulsing</b>                  Start with first finger                  Tap 5 times and count to yourself                  Repeat with the other 3 fingers,                  Do it again counting to 10 with 10 taps                  Do it again counting to 15 with 15 taps</p> <p>Repeat as much as you like</p> <p><b>3. Five Senses</b>                  Wherever you are go through the 5 senses:  <i>What can you see?</i>  <i>What can you hear?</i>  <i>What can you smell?</i>  <i>Can you taste anything?</i>  <i>What can you touch?</i></p>
<p><b>Tips</b></p>	<p>-</p>
<p><b>Variation</b></p>	<p>-</p>

