



**Inspired Instruction, LLC.
Standards Solution Holding**

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Like the Wind

Close your eyes and picture a calm, windy day. What does the wind feel like on your face and in your hair? Breathe in slowly as you imagine the wind blow by.

Hold it for a moment. Now breathe out as you imagine hearing the wind gush by. Take a few more breathes imagining the wind as your guide.

Let it Go

Close your eyes and think of a time that you were mad, frustrated, or unhappy. As you take a deep breath in, think about how it made you feel. Hold your breath and hold that feeling for five seconds... 1, 2, 3, 4, 5. Then, let out that breath, and let go of that feeling. Keep doing this, until you feel like the feeling is gone. Try this next time you feel this way.

Happy Place

Close your eyes, and imagine your favorite place. Really focus on the good feeling you get when you're there. As you focus on that happy feeling, take a deep breath in and out. Every time you take a breath, focus on that feeling. If you need a happy reminder, take a breath and focus on that feeling again.

Where are You?

Close your eyes and sit very still. What sounds do you hear around you? As you sit still, listen for more sounds. Take a deep breath in and listen very closely. Focus on your breathing. In and out. Throughout the day, try to be aware of your surroundings by making a note of the sounds you hear.