

# Calming Activities (Safe Space or Calming Space)

Give a student one of the cards below to go to the quiet space when they need it.

Use this break card to  
go to the quiet place.

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go to the quiet place.

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# Calming Sequence with Hands



...and repeat

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## Fidget Tool Ideas

- Stress ball
- Clay or plasticine
- Rubber squishy ball or animals
- Zen garden with rake and stones
- Mindfulness colouring pages & pencil crayons
- Cloud dough (mix a little baby oil into flour)

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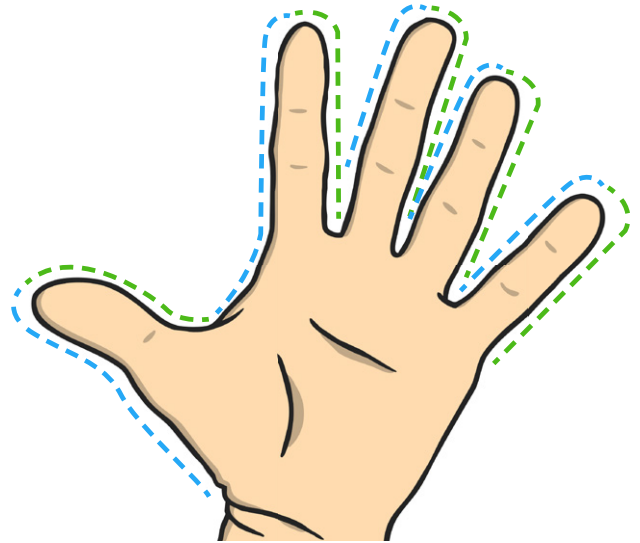
# High Five Breathing

----- Breathe in  
----- Breathe out

**Step 1:** Stretch your hand out in front of you.

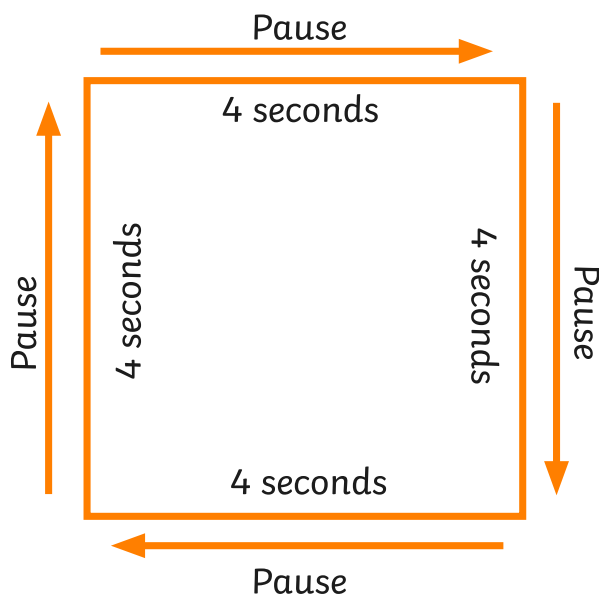
**Step 2:** Use the pointer finger of your other hand to trace around the fingers of your hand.

**Step 3:** Breathe in as you trace up and breathe out as you trace down.



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# Square Breathing



**Step 1:** Breathe in for 4 seconds.

**Step 2:** Pause for 4 seconds.

**Step 3:** Breathe out for 4 seconds.

**Step 4:** Pause for 4 seconds.

**Step 5:** Repeat

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