**Simon Sort of Says**

**Mindfulness Practice**

Simon has a couple of mindfulness practices that he uses when he gets overwhelmed. Test out a few for yourself and see if you find them as helpful as Simon does.

**Box Breathing**

Place your finger on the star. Slowly slide your finger across each arrow following the instructions as you go.

Start

Breathe in slowly and fill your lungs for 4 seconds.

Hold your breath for 4 seconds.

Breathe out for 4 seconds, try to empty your lungs all the way.

Relax, don’t breathe in for 4 seconds.

**Grounding: Describe in five ways**

Choose an object that you are see. List five things that you notice about it: