

Four Big Feelings – Anchoring Myself

Sometimes feelings can be overwhelming. We can use anchor strategies to help keep us calm.

Talk to a parent/guardian at home about some of the activities and anchoring strategies you learned in school today. Practise this at home. For example, breathing while drawing the number 8 with your finger or toe; or the 5-4-3-2-1 game. Or sensory box/slime, etc.

What was your favourite one? Why did you choose it? Draw it in the space below!

