Explain Purpose of Quick Calming

Identify Areas of Ohronic Muscle Tension, Using a

> Can you mark places on this drawing where your muscles feel tight and tense when you are stressed out? Do any other places ever get those tight and tense feelings?

Introduce Sow, Deep Breathing

## ACTIVITY

Now, we are going to learn how to do deep breathing. Take a slow deep breath in through your nose, and feel the breath go down through your chest and all the way down into your stomach. You will feel your chest rise first, and then feel your stomach rise, like a balloon is being blown up. When you breathe in, the hand on your stomach should move out. Hold your breath there for a moment, and then let your breath out. When you breathe out, your hand will move in. You will feel your stomach go down, like the air is going out of a balloon. Let's try it a few times together.

Send the materials for the next session

Summarising

Helpful Tips

Special Cases Depression	
Depression	
Conduct Problems	

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