


**FIGURE 5.15 Take a Breather Strategy Card for Secondary Students**

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|  <p><b>Take a Breather Strategy</b></p>  | <p><b>B</b>reathe deeply<br/><b>R</b>ub my fingers together<br/><b>E</b>yes closed and open again<br/><b>A</b>sk myself how I am doing<br/><b>T</b>oes move up and down<br/><b>H</b>um a song silently<br/><b>E</b>yes closed and open again<br/><b>R</b>epeat until you feel calmer</p> |
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