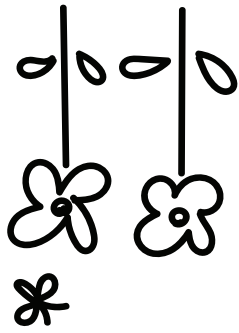


# POSITIVE AFFIRMATIONS

- ① I Am Brave
- ② I Am Magical
- ③ I Am Strong
- ④ I Am Unique
- ⑤ I Am Powerful
- ⑥ I Am Creative



# BREATHING EXERCISES

- ① Inhale 3 Exhale 3
- ② Inhale 4 Hold 4 Exhale 4
- ③ Inhale 5 Exhale 10
- ④ Lions Breath

④ **Lions Breath**  
Sit on your heels, hands on your knees. Take a deep breath through your nose. Open your mouth, stretch out your tongue, and let your breath exhale out with a loud "ROAR!"

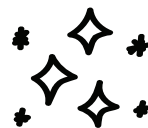
⑤ **Cooling Breath**  
Sit comfortably with a tall spine. Curl the edges of your tongue together like a taco. Take a deep breath into your taco, hold, then exhale through your nose.

⑥ **Emotional Release Sounds**  
*(hiss for stress, shhh for anger, ha for sadness)*



# SELF CARE TOOLS

- ① Read/Write/Journal
- ② Walk/Dance/Run
- ③ Take Breaks from Technology
- ④ Spend Time in Nature
- ⑤ Call or Email a Friend
- ⑥ Sleep (8-10 hours per night)
- ⑦ Drink Water (half your body weight in oz daily)
- ⑧ Tapping (Emotional Freedom Technique)
- ⑨ Yoga/Tai Chi/Nia
- ⑩ Meditation



# GUIDE FOR RESOURCES

Self-Care Tools .....

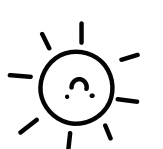
Breathing Exercises .....

Positive Affirmation .....

Yoga Poses .....

Mantra Meditations .....

Books/Resources .....



# YOGA POSES



- ① Child's Pose 
- ② Cobra 
- ③ Down Dog 
- ④ Warrior Poses 
- ⑤ Tree Pose 

# MANTRA MEDITATIONS

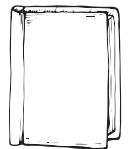


Set a timer for 5-10 minutes. Sit comfortably with your eyes closed and let yourself feel calm and grounded. As you breathe, choose one of these mantras to repeat in your mind.

- ① Inhale: I Am  
Exhale: Really Awesome
- ② Inhale: Here and Now  
Exhale: Present Moment
- ③ Inhale: I Am  
Exhale: Filled with Peace
- ④ Inhale: I Feel  
Exhale: Strong and Resilient
- ⑤ Inhale: I Am  
Exhale: Fully Empowered



# BOOKS AND RESOURCES



**Brain Gym**  
[www.braingym.com/shop/](http://www.braingym.com/shop/)

**Yoga for Classrooms**  
[www.yoga4classrooms.com/](http://www.yoga4classrooms.com/)

**EFT/Tapping**  
*The Tapping Solution for Teen Girls* by Christine Wheeler and Nick Ortner  
[www.tappingsolutionfoundation.org/](http://www.tappingsolutionfoundation.org/)

**Yoga/Meditation Videos**  
[www.headspace.com/](http://www.headspace.com/)

**Healthy Cosmetic Guide**  
[www.ewg.org/skindeep/](http://www.ewg.org/skindeep/)



# MY BODY MY POWER CAMP



**MY BODY MY POWER**