



THE BUTTERFLY HUG

to calm strong feelings

The Butterfly Hug is an exercise to help calm and soothe you when strong feelings are present. Next time you feel nervous or scared you can give yourself a butterfly hug!



To begin... Cross both arms over your chest and place each hand on your shoulder making the shape of a butterfly.

Next... Gently begin to tap each hand one at a time on your shoulder... like the flapping wings of a butterfly. Let your hands move freely as you breathe slowly and deeply.

Then... Close your eyes and breathe deeply whilst you gently tap like butterfly wings fluttering. Tap for ten counts until you feel more calm and whatever was distressing you has gone away.

To finish... Take one more deep breath ... in then out.

