



LION ROAR

*As king of the jungle
I'm too tough to pout,
So I use my loud roar
to let my big feelings out!*

PURPOSE

- Helps us to safely let out our 'big emotions' (such as frustration, tension, hurt and anger)
- Use Lion Roar to calm yourself down when you feel angry or feel like you are about to explode



INSTRUCTIONS

1. Sit up tall with your bottom on your knees
2. Breathe in through your nose
3. As you breathe out, open your mouth and eyes wide and reach your tongue out of your mouth (like a lion roaring)



WATCH FOR

- Breathing in through your nose and out through your mouth
- Shoulders kept down and back



MODIFICATIONS

- Do the Lion Roar silently as you're getting the hang of it (or in places when you need to be quiet, such as in class)



MORE CHALLENGING

- As you breathe out, try doing a louder Lion Roar





MAKE IT MULTI-SENSORY

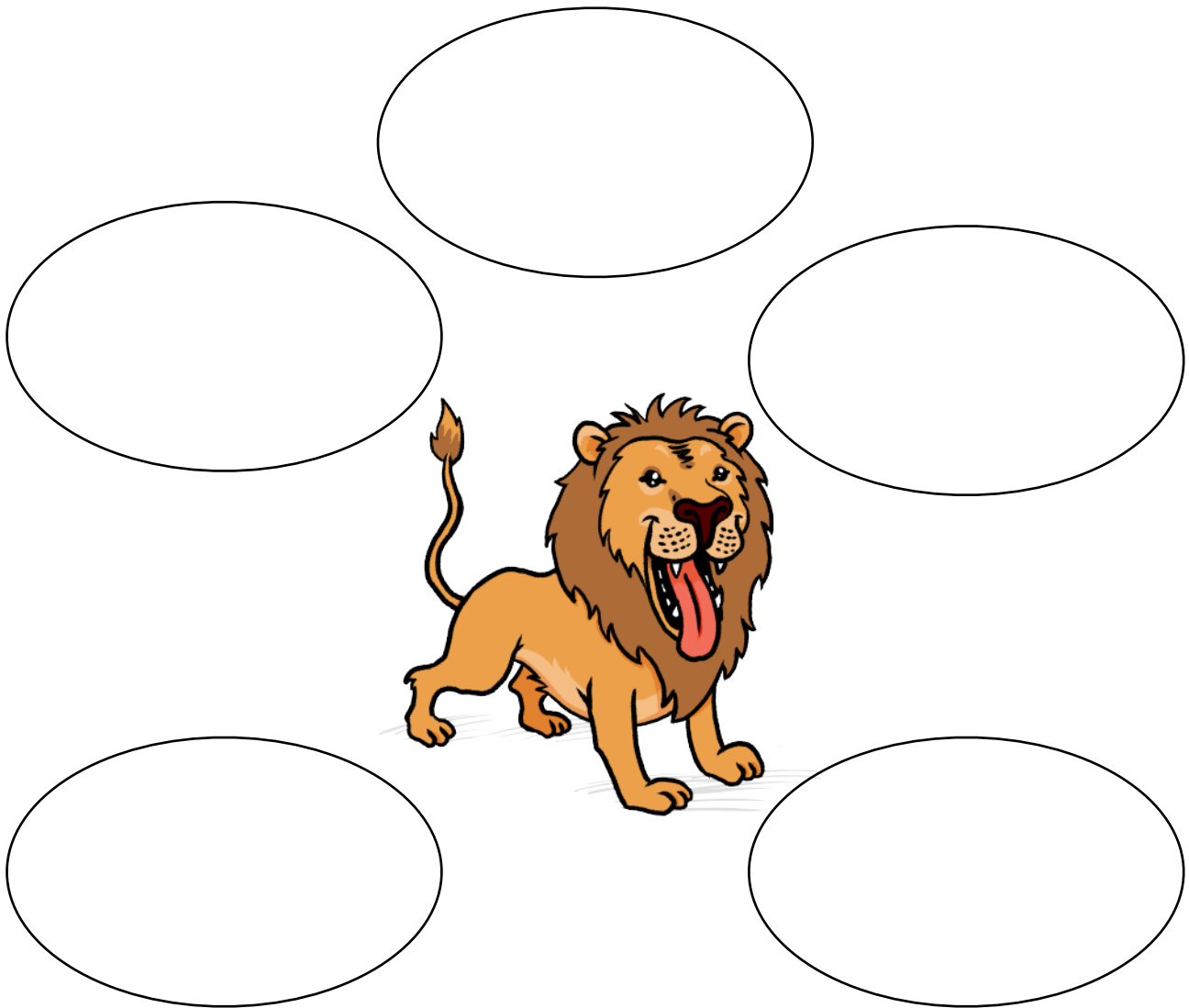
- Imagine using your loud Lion Roar to release your big emotions way out across the African savanna. Imagine all the types of animals, near and far, who would hear your roar!



FUN AND GAMES

Everyone feels **BIG emotions** sometimes, such as frustration, hurt or anger.

Think of some ways in which you can let your **BIG emotions** out safely, and calm yourself down. Write or draw your ideas in the ovals below.



Use these strategies when you're next feeling overwhelmed with **BIG emotions**.