Earth
Press feet on the floor for 3 counts; slowly release on 3 more counts.
Look around and identify three things that are round; square; blue, etc.

Air
Inhale – 1, 2, 3, 4
Hold – 1, 2
Exhale – 1, 2, 3, 4
Hold – 1, 2

Water
Think of biting into an orange or a Starburst candy.

Fire
Light up the imagination by going to your calm place.

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