

# Butterfly Hug

Calm and sooth yourself with the butterfly hug when you are feeling sad, angry or hurt.



Take a moment while doing the butterfly hug and close your eyes.

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Using your imagination go to a place where you feel safe, calm, and happy.

What images, colors, sounds, and scents do you observe in your safe place?

## PRACTICE SELF-SOOTHING

**1**

Cross both arms over your chest and place each hand on your shoulder.

Breathe.

**2**

Gently begin tapping each hand one at a time on your arms.

Tap for 10 counts.

**3**

Pause and take a deep breath.

Continue tapping your arms until you feel more relaxed.