

# Hot Chocolate Breathing



Pretend that you have your hands wrapped around a mug of hot chocolate.

Breathe in through your nose for 4 seconds as though you are smelling the delicious chocolatey smell.

Then breathe out through your mouth for 4 seconds as though you are blowing it to cool it down.



# Hand Breathing

Stretch out one hand so you have space between your fingers.

With your pointer finger on the other hand, trace up and down around your fingers.

Breathe in slowly as you go up and breathe out slowly as you go down.



# Birthday Cake Breathing

Sit in a chair with your hands on your belly.

Turn your left hand into a fist and imagine that this is a cake. Breathe in through your nose to smell the cake.

Slowly count 1,2,3,4,5.

Breathe through your mouth to blow out the candle. Slowly count 1,2,3,4,5.

Continue this for a few minutes until you feel calm.

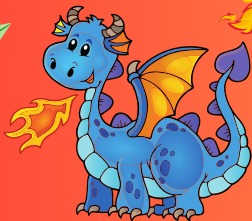
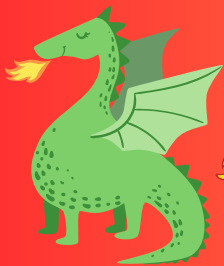


# Dragon Breathing

just  
BREATHE

Take a deep breath in. As you breathe out, imagine you are a powerful dragon, breathing fire over your surroundings!

Repeat this a few times.



# Volcano Breathing

Take a deep breath in and feel all of the tension in your body rising up to the top of your head.

As you breathe out, imagine all of the tension bursting out of your body like lava exploding out of a volcano.



# Count The Colours



Pick a colour to focus on e.g. purple.

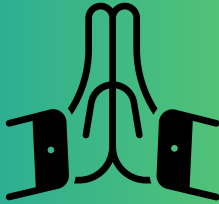
How many purple things can you see?

Close your eyes, how many purple things can you imagine?

Or try to count the rainbow colours?



# Palm Push



Place your palms together.

Push them firmly.

Hold for 10 seconds.

Repeat and breathe slowly.

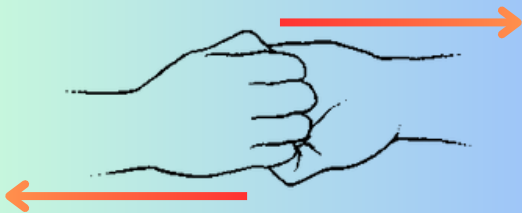


# Finger Pull

Put one hand palm up and one hand palm down.

Touch your fingers together and curl so they are locked together.

Try to pull them apart and hold still for 10 seconds.





# Find Your Happy Place

Find somewhere quiet where you won't be interrupted.

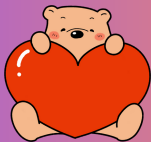
Imagine a place where you feel happy, grounded and safe.

This may be somewhere you have been before or imaginary.

Engage all your senses: what can you see, feel, hear, smell, taste?



# Bear Hug



Spread your arms out wide.

Wrap them around yourself and gently squeeze to give yourself a big bear hug.

