

5 Finger Breathing



1

Hold one hand up and spread your fingers out like you are going to give someone a high-five

2

Place your pointer finger from your other hand at the bottom of your thumb

3

Breathe in through your nose as you trace up your thumb

4

Breathe out through your mouth as you slowly trace down your thumb

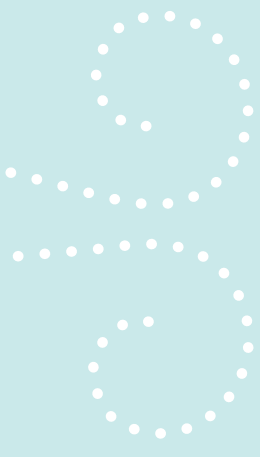
5

Continue to take slow, deep breaths in and out as you trace up and down each finger

How do you feel now?

Keep doing your 5 finger breathing until you feel calm



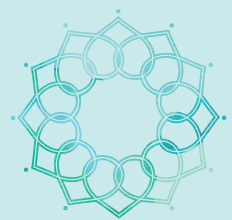


Deep Belly Breathing

- 1 Place your hands on your belly and let them rest on your belly button
- 2 Take a slow, deep breath in through your nose
- 3 Feel your belly rise and get bigger
- 4 Slowly and quietly blow the air out through your mouth
- 5 Feel your belly fall and get smaller
- 6 Do this 5 times

How do you feel now?

Keep doing your deep belly breathing until you feel calm



Worry Balloon Breath



- 1 Imagine that you have a balloon in your hand that you are going to blow all your worries into
- 2 What colour is it? What shape is it going to be?
- 3 Take a slow, deep breath in through your nose
- 4 Breathe out and blow something that's worrying you into the balloon
- 5 Pretend that your hands are the balloon and make your balloon bigger
- 6 Keep blowing your worries into the balloon and making your balloon bigger with your hands
- 7 When you are ready, pretend to throw the balloon and your worries up into the sky and imagine them floating away

How do you feel now?

Keep doing your worry balloon breath until you feel calm.



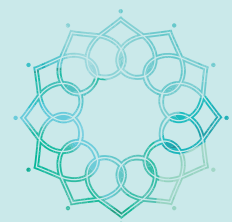


Candle Breathing

- 1 Hold one hand up with your fingers stretched out wide
- 2 Pretend that your fingers are candles on a birthday cake
- 3 What kind of cake do you have?
- 4 Take a big breath in through your nose and keep your fingers tall
- 5 Slowly blow your breath out over one of your fingers as if you were blowing out a birthday candle
- 6 Hold this finger down
- 7 Keep breathing in and blowing your candles out one candle/finger at a time.

How do you feel now?

Keep doing your candle breaths until you feel calm.



Triangle Breathing



1

Hold out your pointer finger and pretend it is a pencil

2

Pretend to trace up one side of an imaginary triangle

3

At the same time calmly breathe in through your nose

4

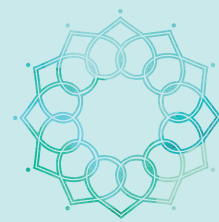
Pretend to draw down the other side of the triangle and across the bottom (two sides)

5

At the same time calmly breathe out making your out breath nice and long

How do you feel now?

Keep doing your triangle breathing until you feel calm.





“Ahhh” Breath

- 1 Take a big breath in through your nose and lift your shoulders up to your ears at the same time
- 2 Breathe out whilst making a long “Ahhh” sound and let your shoulders drop back down
- 3 Repeat this three times

How do you feel now?

Keep doing your “Ahhh” breaths until you feel calm

