

your fingers touching.

imagining that you are  
nmy with air. Feel how  
e apart from each oth-  
gain and see how they  
ch again.

3 or 4 times.

Imagine you are going to hold  
your breath underwater.

Breathe in, hold your nose, puff  
out your cheeks and hold for a  
count of three. Blow out very  
slowly and smoothly.

Do this 3 or 4 times.

Put your fingers in your  
ears, and breathe in and  
out deeply.

Do this 3 or 4 times.

Imagine you are b  
windo

Take in a deep bre  
mouth and breac  
slowly and .

Can you see how  
dow i

### hday Candles

re blowing out candles on  
birthday cake.

breath and blow out the  
ittle sharp breaths- one  
r each candle!

the muscles above your  
ing when you do this?

### Bubble Breaths

Imagine you have a pot of bubble liq-  
uid- it could contain calmness, or hap-  
piness, or love.

Take in a breath and - slowly and  
gently blow bubbles into the room. As  
you blow out the bubbles, imagine the  
whole room is filling up with calm-  
ness, happiness, or love.

### Balloon Blowing

Imagine you are blowing up a bal-  
loon.

Take in a deep breath and steadily  
and slowly blow up you balloon, big-  
ger, and bigger.

Close your eyes and imagine the  
balloon floating into the air.

### Squeez

Take in a deep  
breathe in, sq  
cles in your bo  
and relax all th  
b

Try it lyi

# My Breathing Bubbles

## Feather Breathing

Imagine you are blowing feathers  
in the room.

Take in a deep breath and as you  
breath out, blow the feathers  
softly into the air.

Watch them as they dance!

Can you think  
of any more?