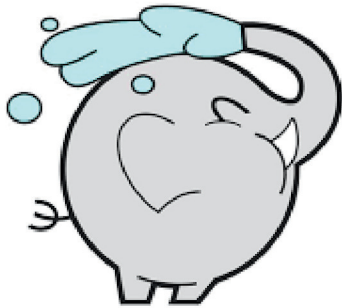


ELEPHANT BREATH

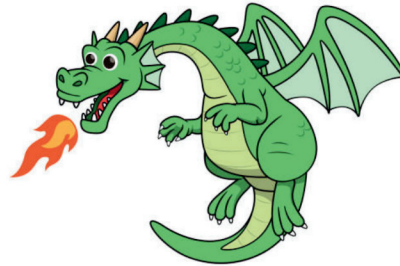
Giving you a boost of energy



Stand with your feet apart, centred & strong
Clasp your hands together (make your trunk)
Breathe in & raise your 'trunk'
Breathe out & bend forward, swinging your
arms through your legs
Repeat 3 times

DRAGON BREATH

helping you feel confident & that
'you can do it'!



Go on all fours
Breathe in & draw back onto your heels
Breathe out, lunge forward & breath out your 'fire'
nice open mouth and jaw!
Repeat 3 times

TONGUE TUBE BREATH

helping you cool down when
you feel hot and bothered



Curl up the sides & make your tongue
into a tube & stick it out a bit.
Breathe in & suck the air in over your tongue.
Breathe out slowly through your nose.

BUMBLE BEE BREATH

When you feel worried, overwhelmed,
feel like there is too much in your head



Sit comfortably.
Put your hands over each ear.
Breathe in through your nose slowly until
your belly is full.
Hum softly as you breathe out.
Repeat 3 times.

RAINBOW BREATH

When you feel worried, overwhelmed,
feel like there is too much in your head



Sit comfortably.
Put your hands together, in front of your chest
Breathe in and slowly lift your hands up over your head
Breathe out and trace a rainbow shape in the air,
your arms back down beside you.
Keep your out breathe in time with your arms
Repeat 3 times

FIVE FINGER BREATH

When you can't get to sleep
and need some help!

