

Breathing Buddy

You'll need

- A paper cup
- Scissors
- Tissue paper
- Coloured pens
- Glue or sticky tape
- Craft materials, such as sequins, googly eyes

1. Ask an adult to cut a hole in the bottom of the cup using scissors
2. Decorate your cup with eyes, ears, a nose, or tail - you can make whatever animal you like, so get creative
3. Cut some strips of tissue paper and stick them around the inside edge of the cup with glue or tape.
4. Inhale through your nose, and exhale by blowing through the cup slowly. Try to keep your breath steady and see if you can make the tissue paper tentacles wiggle for the whole 5 seconds as you breathe out. Try this for three breaths.

How do you feel on the inside?

Remember, slowing down our breathing can help us to calm down our bodies from being worried or upset.



Sara Wood: Holistic Health Practitioner, Kids Yoga & Mindfulness, Reflexologist, Gentle Birth Practitioner • Clinics in Petersfield & Alton • Home Visits • Bespoke Workshops & 1:1 classes • Gift Vouchers • **More info:** email sara@nbalance.co.uk or call Sara on **07970 729 738** FB & IG: **sarawoodnaturalbalance**

