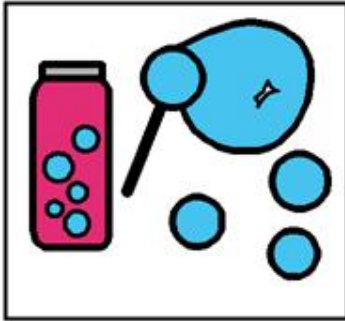
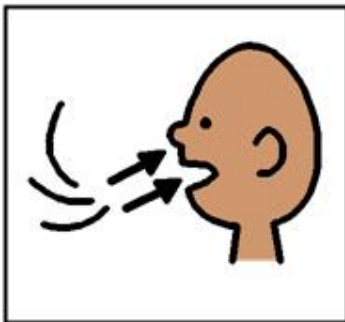


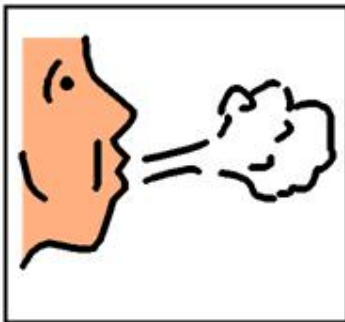
Bubbles



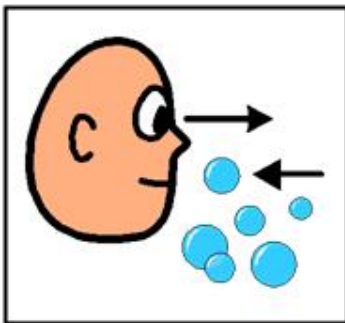
Use shop bought bubbles or make bubbles using washing up liquid and water.



Take a deep breath in.



Use long, slow breaths to blow the bubbles.

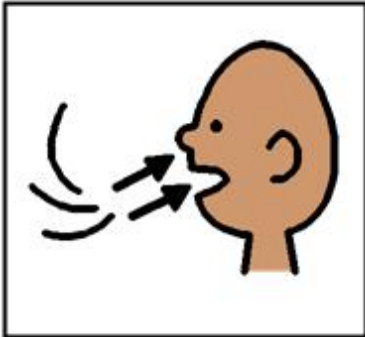


Watch the bubbles float away.

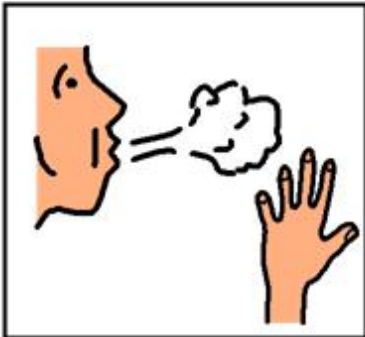
Blowing candles



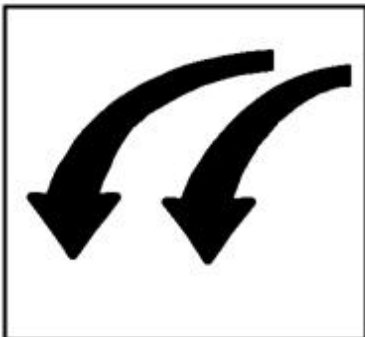
Hold up your hand and pretend that your fingers are candles.



Take a deep breath in.

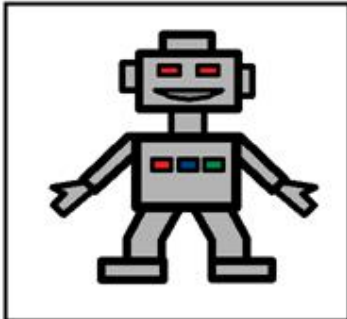
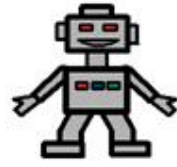


Using one SLOW breath blow across all of your fingers.



Repeat this several times.

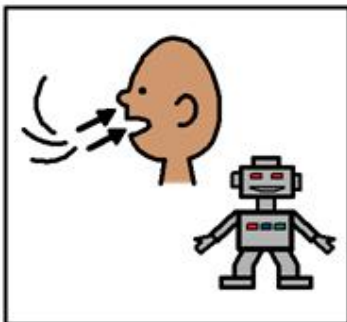
Robot and Rag doll



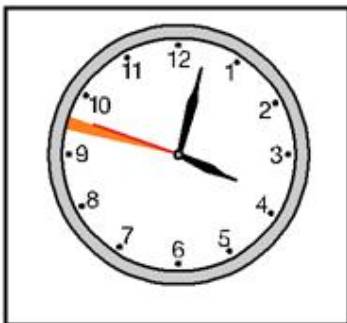
Robot - tighten your muscles in your body as tight as you can.



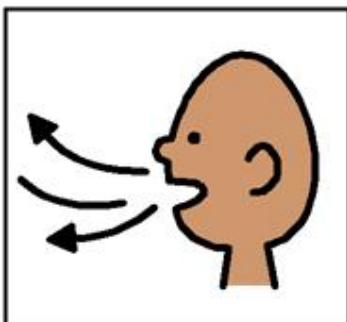
Rag doll - make your muscle go loose.



Take a BIG deep breath in and tighten like a robot.

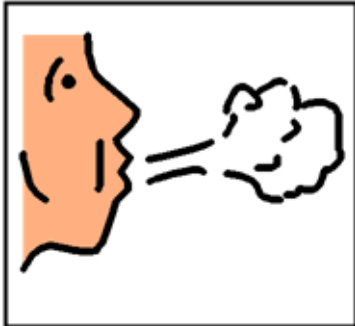


Hold for a few seconds, making your muscles as tight as you can.

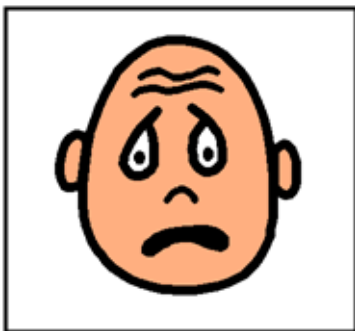


Release your muscles with a slow breath out. Let your muscles go loose.

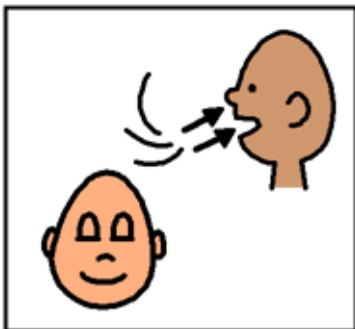
Balloon breathing



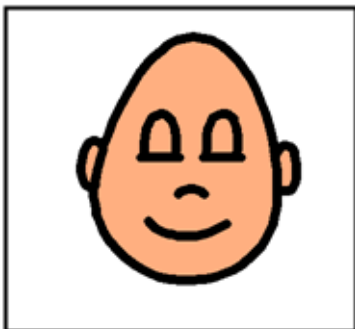
Using long, slow breaths blow up a balloon.



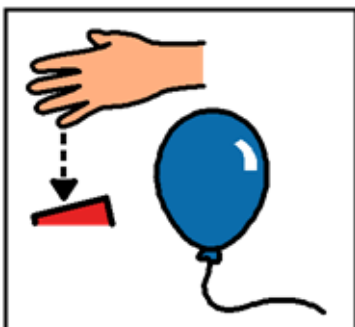
With every breath into the balloon imagine all of your worries are being blown into it.



With every breath in, breathe in calm feelings.



Hold for a few seconds, making your muscles as tight as you can.

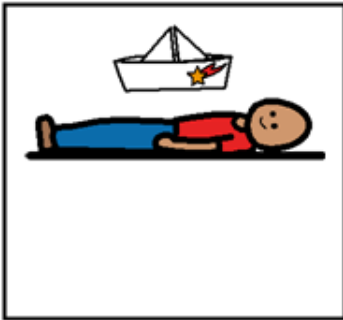


Release the balloon and let all of the difficult feelings escape.

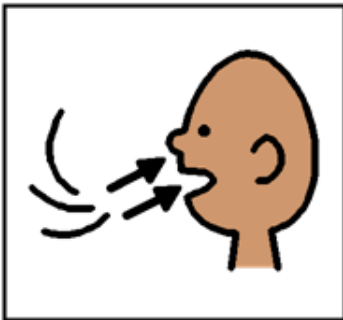
Paper boat



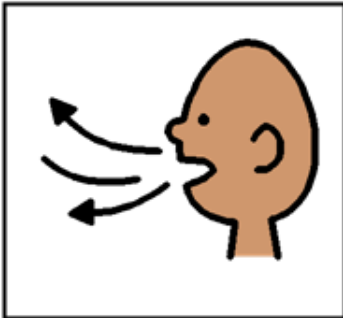
Make a paper boat or choose an object to rest on your stomach.



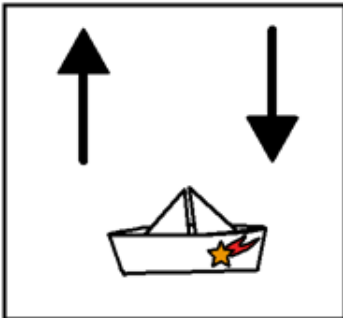
Lie on the floor on your back. The boat or object resting on your stomach.



With every breath in, watch your stomach go up.



With every breath out watch your stomach go down.

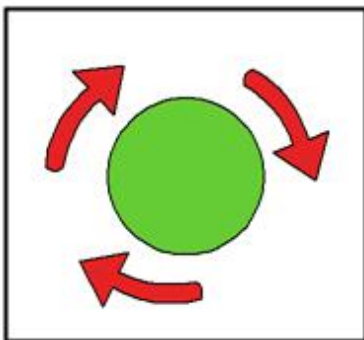


Watch the boat or object move up and down on your stomach with each breath.

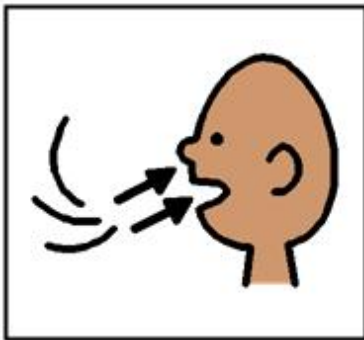
Pinwheel



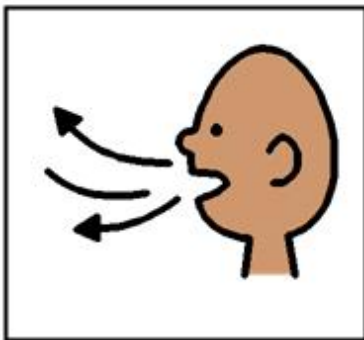
Buy or make your own pinwheel.



To make the pinwheel spin use long SLOW breathes.



Take a long deep breath in.



Use a long slow breath out to make the pinwheel spin.



Watch the pinwheel spin.