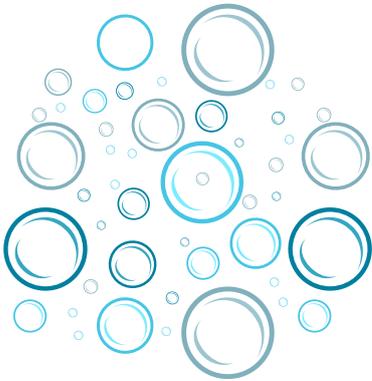


SIMPLE BREATHING EXERCISES FOR CHILDREN



- Go on all fours
- Take a deep breath in through your nose while lifting and tilting your head back
- Breathe out through your mouth and roar like a dinosaur



- Pretend you are holding a bubble wand in your hand
- Take a deep breath in through your nose and let your belly fill up with air
- Breathe out through your mouth and imagine the most wonderful bubble appearing



- Pretend your belly is a balloon
- Take a slow deep breath in through your nose and let your belly fill up with air
- Breathe out through your mouth and imagine the balloon going down until it deflates

- If you are worried about something right now, try to imagine that as you breathe out you are also releasing the worry - this works great with the bubbles and balloon as you can imagine the worries floating away or popping or deflating...

