

### Back to back Breathing

- Find someone you can partner with.
- Sit down on the floor and make sure that you are sitting back to back with your partner and as tall as possible. You can place your legs however feels most comfortable for you.
- Place your hands on either your tummy or heart.
- Start by focussing on your breathing, and take some deep breaths. You may close your eyes, or if you prefer, keep them focused on a certain point.
- After a few rounds of breathing on your own, notice if you can feel your partner's breath and start to match their breathing.
- You can have some fun now if you like and breath faster and then slower, but you must both match the breathing or just keep it at a slow pace to help you relax.
- Do this for about 5 minutes and then relax.



### Dandelion Breath

- Close your eyes.
- Imagine that you are holding a dandelion.
- Take a deep breath in as far as you can go and then SLOWLY blow your breath out as far as you can and imagine blowing the dandelion and watching all the fluffy seeds floating around.
- Repeat four times or until you feel relaxed and calm.



### Balloon Breath

- You can either sit down, lie down or stand up.
- Imagine that you have a balloon that needs blowing up.
- This balloon blows up really easily.
- Imagine that you put the balloon to your mouth, take a deep breath in and then blow your breath out into the balloon.
- If you have any worries, sadness or anger inside of you, then make sure you blow them into this balloon.
- Take another breath in and blow out into the balloon.
- This balloon grows to any size without popping so blow as much as you feel you need to.
- Once you have filled the balloon, you can imagine tying a knot and letting go of the balloon watching all of your worries float away in the balloon.



### Puppy dog sniffer Breath

- You can sit up nice and tall for this or lie down.
- Keep your eyes open if you choose or you can close them.
- Place your hand on your chest.
- Imagine you are a puppy dog, and you can smell all the different smells in the air.
- Breathe four quick breaths in through your nose as if you are a puppy dog sniffing around and then let out your breath through your mouth as far as you can go.
- Repeat until you feel nice and calm and relaxed.



### Bedtime Breathing

- Lie down in bed and close your eyes.
- Take a deep breath in for the count of four and breath out for the count of 5.
- Keep on breathing like this for a few minutes.
- Tell yourself that you feel calm and tired and keep doing this until you feel yourself really relaxing.
- If you have any worries, imagine that there is a big tree. You can go to this tree and hang your worries on the branches and leave them there.
- Go back to your breathing and tell yourself that you're tired and that you're going to go to sleep now.



### Warrior Breath

If you roar like a mighty warrior, you can let go of strong emotions or thoughts that you no longer want. Close your eyes and find your warrior inside you.

1. Sit on your knees and sit up tall like a confident, proud warrior.

Get ready to let your roar go

2. Think of a feeling that you would like to let go of, or a thought you would like to release. Now squeeze your hands into fists, hold the feeling or thought tight and scrunch up your face.
3. Take a deep breath in and let your warrior shout out loud, sticking out your tongue at the same time and stretching your arms out wide in front of you, opening your hands wide.



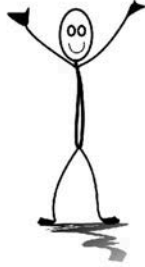
### Candle Breath

- Close your eyes.
- Imagine that you have a cake in front of you with lit candles on.
- When you're ready, take a deep breath in as far as you can, not too far that it feels uncomfortable, and then slowly blow your breath out, imagining you're blowing the candles out.
- If you blow too hard the candles may fall over so deep gentle breathing is best.
- Repeat until you feel calm and relaxed.



### Flower Breath

- Close your eyes and imagine there is a lovely flower in front of you.
- Imagine you are holding the flower to your nose and breathe in deeply as if you can smell the flower.
- Notice how you feel.
- Breathe out slowly so you don't disturb the flower.
- Breathe in again imagining you're holding the flower and breath out slowly.
- Repeat until you are feeling calm and relaxed.



### Reach for the stars and down to your toes Breathing

- Stand with your hands beside your body.
- You can close your eyes or keep them open.
- Taking a deep breath in, raise your arms above your head looking up as if you are reaching for the stars; hold your breath and position for the count of three and then drop your arms down to your toes breathing out as you go down.



- Repeat 4 times or as many times as you like.



### Tummy Breathing

- Lie on your back.
- You can either place your hands on your tummy or use a teddy bear.
- Listen and feel yourself breathe.
- Pay attention to your tummy moving up when you breathe in and down when you breathe out.
- If you have any thoughts disturbing you, don't worry just take yourself back to your breath.
- Feel your body and mind relaxing.



### The Bee Breath

1. Sit comfortably with a straight spine. It doesn't matter if this is cross legged, on a chair, or even on your bed! Put your hands on your knees, palms down.
2. Relax and bring your focus to your breath. Just be aware of the natural rhythm of your breath, don't force it. Let your breath bring you to a place of greater calm within your body.
3. Now that you feel a little more relaxed, Take a slow, deep breath in through your nose before exhaling out with your mouth closed and "HMMMMMMMM," as long as possible. You can be as loud or as quiet as you want. In fact it's fun to vary the loudness.
4. Try it again, but this time with your eyes closed. Focus on the humming sound. Notice the vibration feeling in your throat.
5. Try the same breath again with eyes closed and ears blocked with your hands. Notice your focus go inward where there is peace and calm. Repeat this breath several times.