

# Breathing techniques for children

Use your finger to slowly draw a star in the air. Every time you go out to a point, breathe out, every time you come back into the centre, breathe in.



Imagine that you are an octopus. Every time you slowly breathe in, count a leg. Repeat until you have counted all 8 of your legs.

Imagine there is a big balloon upside down in your chest. Breathe in to make it as big as you can. Breathe out as slowly as you can to shrink it.

Imagine a flower in front of you, slowly smell that flower as you breathe in. Then imagine there is a candle in front of you and you must push the air hard to blow it out.

