

Elephant Breathing



Elephant Breathing Technique

Stand with your feet wide apart. Interlace your fingers in front of you. Inhale through your nose, raising your arms high above your head, like an elephant lifting up it's trunk. Exhale through your mouth as you bend forward, swinging your hands down through your legs.

Sun Breathing



Sun Breathing Technique

Sit in a comfortable position with your hands placed gently on your lap. Inhale, reaching one arm up high to grab the sunshine. Exhale through your mouth with a strong ‘hah’ sound as you pull this sunshine down towards your heart. Inhale and reach up with the opposite arm. Exhale with a ‘hah’ sound, drawing the sunshine towards your chest.

Take 5 Breathing



Take 5 Breathing Technique

Sit comfortably, with your hands resting in your lap. Open one hand in front of you, and place the pointer finger of the other hand at the base of your thumb. Inhale, trace your finger up to the top of your thumb. Exhale, trace the finger down the inside of your thumb to the base of your first finger. Repeat for all the fingers – inhale to the top, exhale to the bottom.

Bumblebee Breathing



Bumblebee Breathing Technique

Sit in a comfortable position, with your hands resting in your lap. Inhale through your nose and exhale through your mouth, keeping your lips closed. Make a humming ‘mmmmm’ sound as you exhale. Make sure your face and lips are soft and relaxed so that you can feel the vibration!

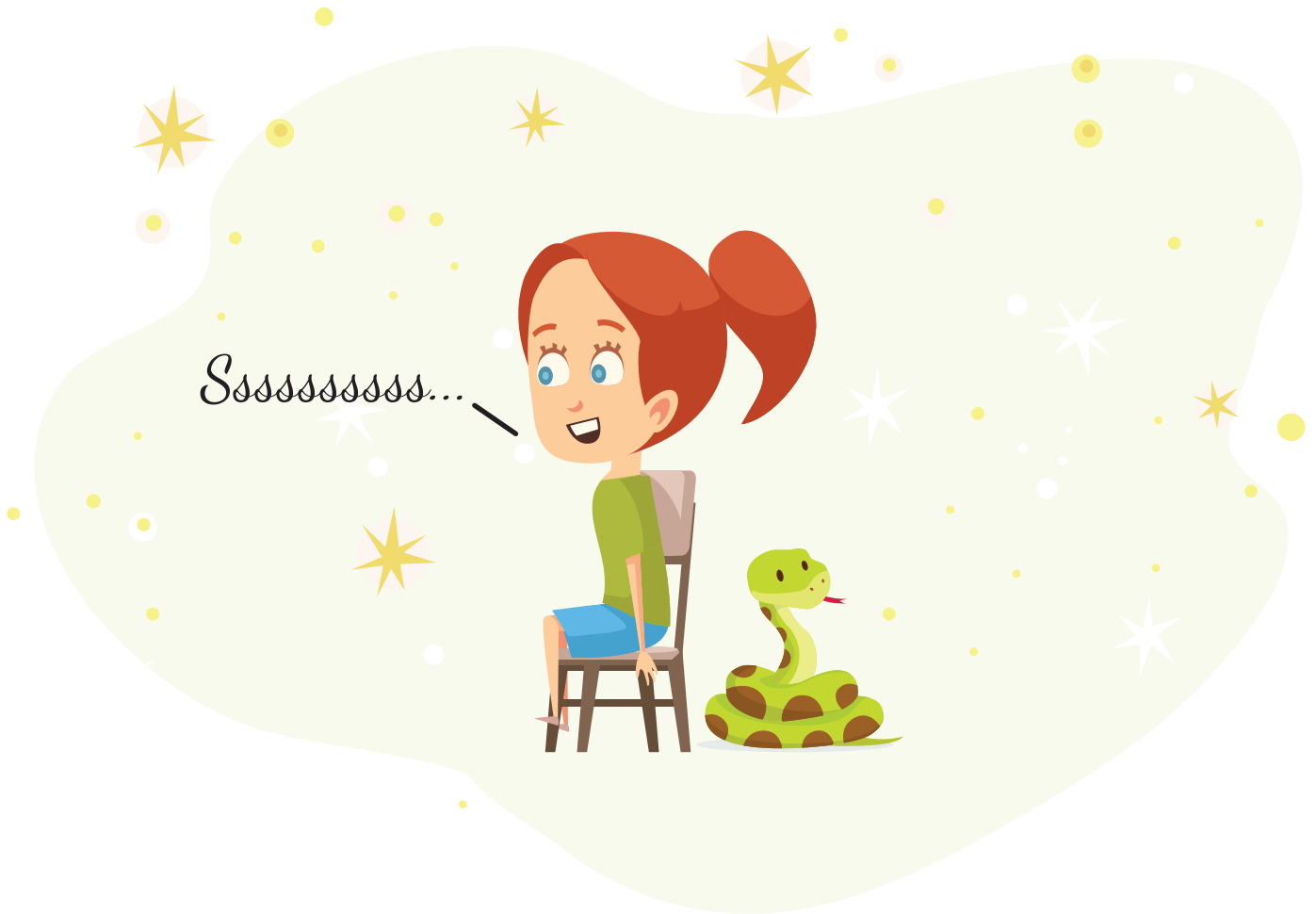
Ocean Breathing



Ocean Breathing Technique

Stand with your feet wide apart, or sit in a comfortable position. Inhale through your mouth or nose. Exhale with your mouth wide open making a long ‘haaaaahhh’ sound. Imagine the sound of the ocean. Wave your arms up over your head as you inhale and down by your side as you exhale if you like.

Snake Breathing



Snake Breathing Technique

Sit in a comfortable position. Inhale through your nose and exhale through your mouth, making a long 'sssssss' sound, like a snake. Try to make the exhalation last as long as you can before you inhale again.

Back to Back Breathing



Back to Back Breathing Technique

Find a partner and **sit** on the floor back to back. Sit tall and close your eyes if you like. Take a deep breath in and then exhale slowly. Your partner will feel the expansion in your back each time you breathe in.

At first, take turns to feel the other person breathe, and then work together trying to synchronise and feel the movements of your breath.

Teddy Breathing



Teddy Breathing Technique

Lie down on your back, on the floor. Place a teddy or other soft object on your tummy. Close your eyes if you like. As you inhale and exhale, feel the teddy rise and fall with the rise and fall of your belly. Rock the teddy gently to sleep using this movement. Ask your friend if you can watch them doing this activity, so that you can see the teddy going up and down.

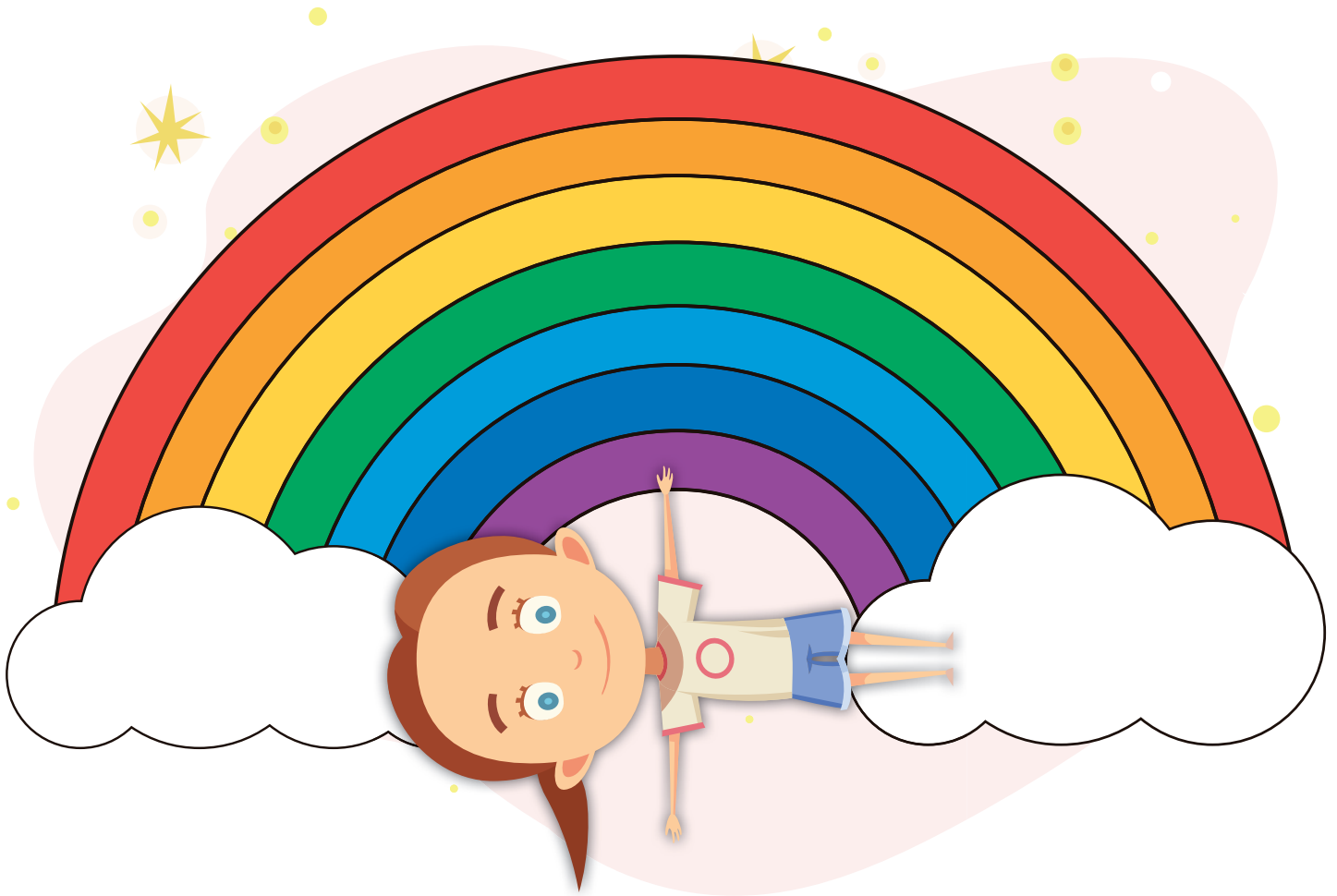
Shoulder Breathing



Shoulder Breathing Technique

Sit in a comfortable position. Inhale slowly, raising your shoulders up towards your ears. Exhale slowly through your mouth, lowering your shoulders back down again. Repeat slowly, rolling your shoulders up and down in time with your breath.

Rainbow Breathing



Rainbow Breathing Technique

Lie down on your back in a comfortable position, making sure you have enough space on either side of you to spread your arms. Stretch your arms out wide, with the palms of your hands facing up to the sky. Inhale slowly, bringing your hands to meet gently over your head. As they glide up towards each other making a rainbow shape, think about a colour that comes to mind. What is your favourite thing of that colour? Then gently exhale the hands back to the ground. Repeat x7 for each colour of the rainbow.