



BALLOON BREATHING

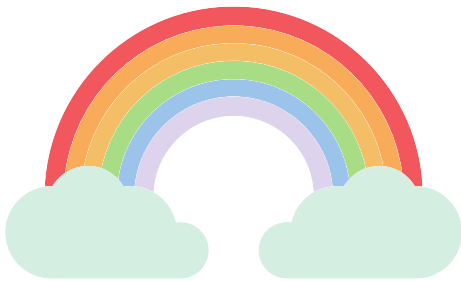
Place your hands on your tummy

Slowly breathe in through your nose, feeling your tummy expand like a balloon being filled with air

Slowly breathe out through your mouth, feeling your tummy shrink like a deflating balloon

Body Breathing Cards

RAINBOW BREATHING



Place your arms by your sides

Slowly breathe in through your nose, bringing your arms up until your hands touch together over your head

Slowly breathe out through your mouth, bringing your arms back down until they rest back at your sides.

NINJA BREATHING



Stand up, place your feet shoulder distance apart and clasp your hands together

Slowly breathing in through your nose, raise your arms above your head

Slowly breathe out through your mouth and bring your arms down towards your legs

Finish with a 'HA' as you complete your ninja breath.