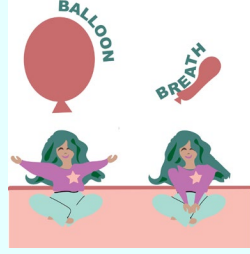


Breathing



When we feel anxious, upset or angry it can be helpful to focus on our breathing.



Sit on a chair with your feet on the ground



Close your eyes.



Pretend there is a balloon in your tummy.



When you breath in it fills with air



When you breath out the
balloon deflates



Focus on deep slow breaths

5 Finger Breathing



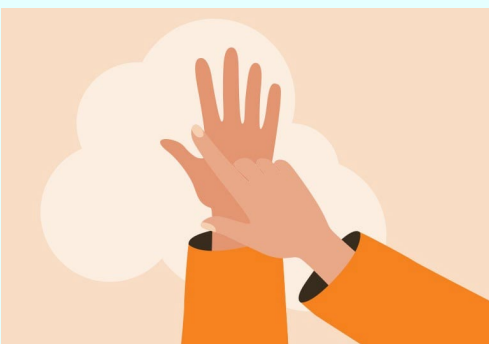
Start by putting your hand out in front with your fingers spread



Trace from the bottom of your thumb to the top of it...



...Breathe in slowly when doing this.



Next trace from the top of your thumb down the other side...



...Breath out slowly when doing this.



Repeat this for your whole hand...



New skills need practice for them to become easier.



Set a goal to practice it every day for 2 minutes.



Breathing Skills



Tick when you have practiced the breathing skill



How did you feel before doing the skill?



How did you feel after the skill?

