

Lion's Breath

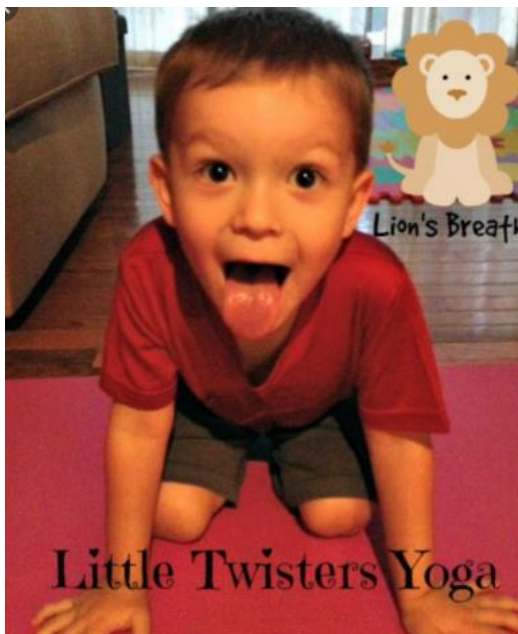
(Sometimes called Lion Breathing)

Instructions:



- Go to the floor on all fours
- Take a deep breath through your nose
- Open your mouth as big as you can
- Stick your tongue out / Open eyes wide
- And, ROAR!

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- Remember in through your nose and out your mouth
- Remember you don't make a 'roaring' sound with your voice but with your breath
- Repeat 3-4 times
- Remember never roar into anyone's face

Videos to watch

<https://www.youtube.com/watch?v=l9O-xMnrqNg>

<https://www.youtube.com/watch?v=lQsrulJOJCc>

Hand Breathing

(Sometimes called 5 finger breathing)

Instruction:

5 Finger Breathing

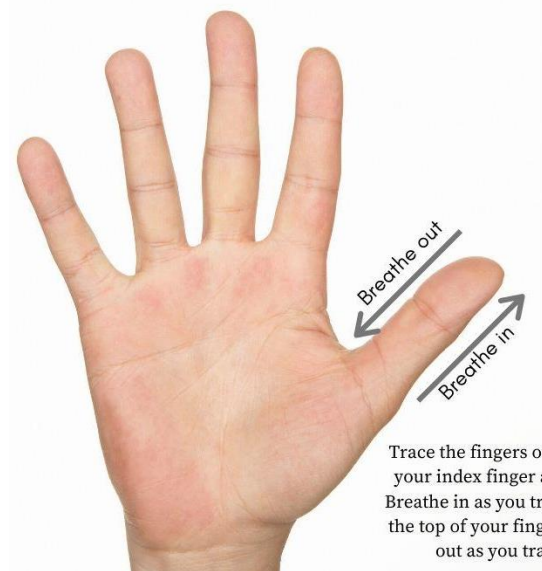


1. Stretch one hand out so that you have space between your fingers.
2. Hold up your pointer finger from the other hand.

3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your mouth.

4. When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.

5. Repeat for all fingers until you have traced your whole hand.



Trace the fingers of one hand with your index finger as you breathe. Breathe in as you trace up, pause at the top of your finger, and breathe out as you trace down.

- Remember in through your nose and out your mouth
- Remember to breath slowly and not to race or your body won't feel relaxed
- Repeat once if needed

Video to watch

<https://www.youtube.com/watch?v=HQVZgpyVQ78>

Superhero Breathing

Instructions:

Hulk breath

- Stand tall and with hands by your side.
- Take a long deep breath in through your nose flex your muscles/stand strong.
- Repeat 3-4 times



Superman/Supergirl breath

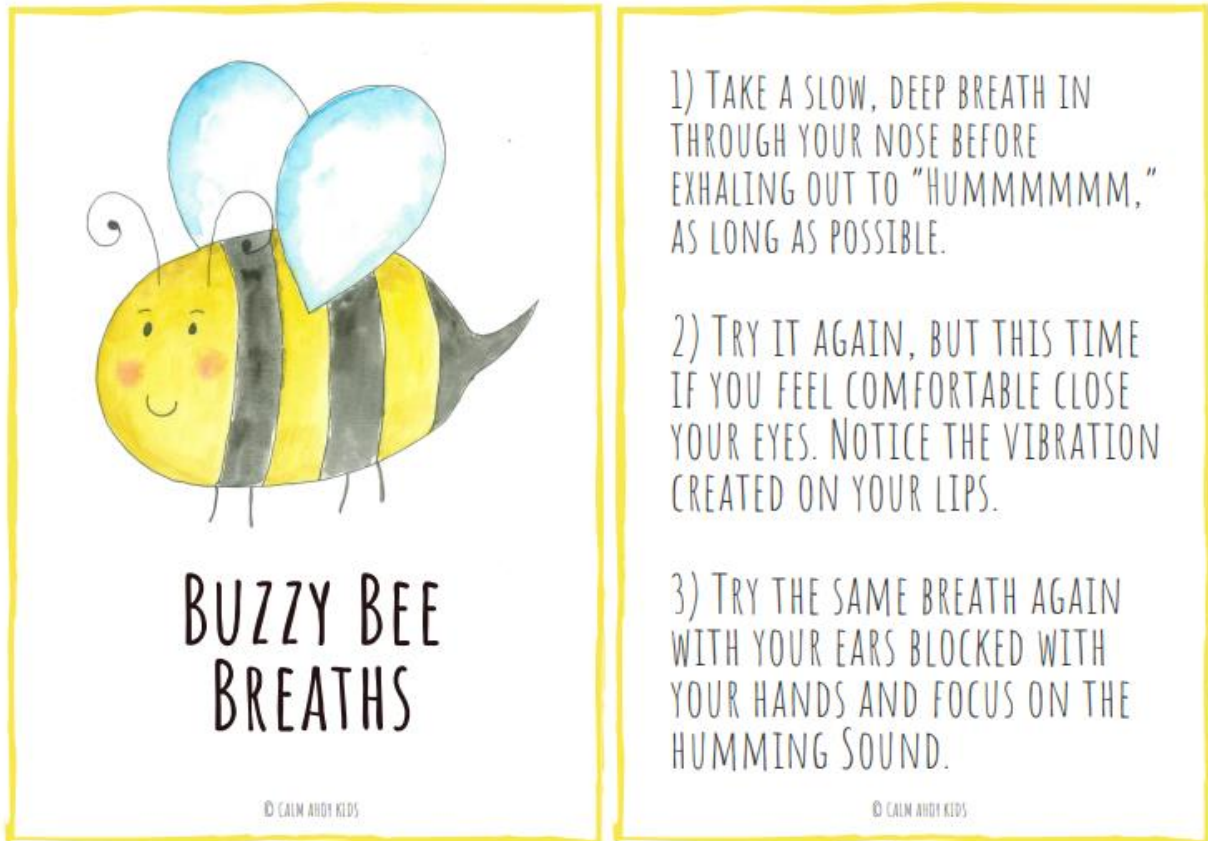
- Stand tall with arms out in fist. Breath in and pull arms back towards you.
- Breath out and make a superman flying pose
- Repeat 3-4 times

Video to watch (we only do the first two)

<https://www.youtube.com/watch?v=kqrQJ-NK6AY>

Buzzy Bee Breaths

Instructions:



- Remember in through your nose and out your mouth
- Repeat 3-4 times

Video to watch

https://www.youtube.com/watch?v=yPysHn_9eiY

Birthday Cake Breath

(sometimes called candle breathing)

Instructions:

 <p>BIRTHDAY CAKE BREATHS</p> <p>© CALM ANDY KIDS</p>	<ol style="list-style-type: none">1) IMAGINE A DELICIOUS CAKE WITH A BIG CANDLE ON TOP.2) NOW, TAKE A SLOW, DEEP BREATH IN THROUGH YOUR NOSE.3) THEN EXHALE AND IMAGINE BLOWING THE CANDLE OUT.4) TRY IT AGAIN, THIS TIME PUT YOUR HAND ON YOUR BELLY AND FEEL YOUR BELLY RISE BEFORE BLOWING OUT THE CANDLE. <p>© CALM ANDY KIDS</p>
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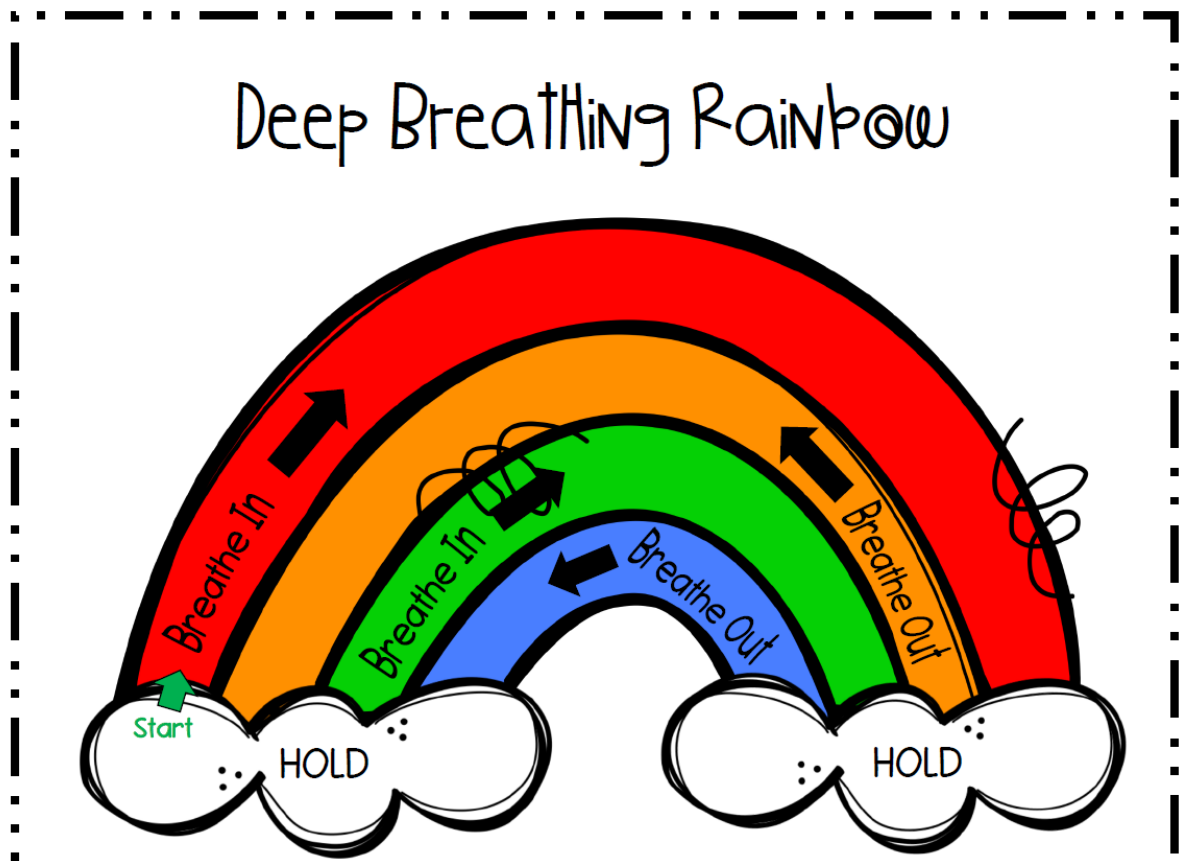
- Remember in through your nose and out your mouth
- You can use your fingers as candles
- Repeat 3-4 times

Video to watch

<https://www.youtube.com/watch?v=WAju-F5K8o>

Rainbow Breathing

Instructions:



- Remember in through your nose and out your mouth
- You can do all the colours of the rainbow or just a few; it's up to you.

Video to watch

<https://www.youtube.com/watch?v=l4wyPix6bel>

Butterfly Hug/Tapping

Instructions:



- Make a butterfly with your hands and place on your chest
- Take a deep breath in and out and begin tapping each hand to make the butterfly wings flutter
- Keep alternating or even try tapping at the same time
- Stop when your body feels relaxed normally 30 seconds works great

Video to watch

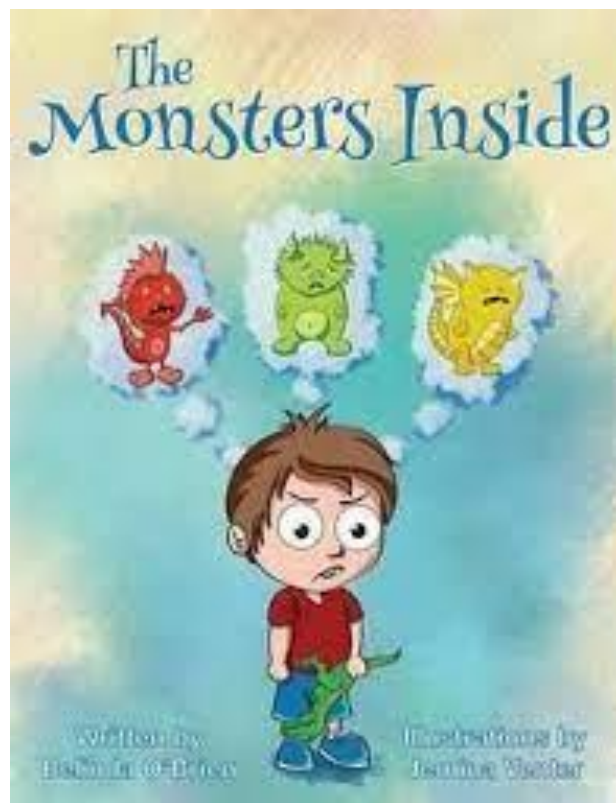
<https://www.youtube.com/watch?v=FqSl0bux6iE>

Monster Breathing

(named by purple group 2021)

Instructions:

- Take a deep breath through your nose, so big it wriggles down to your toes (wiggle toes)
- Close your eyes and slowly count to 10.
- If you need to do it again



Video to watch

https://www.youtube.com/watch?v=K6oZL_kUcSA (adapted from this book)