

## Breathing techniques

- **Use a stuffed animal to practice deep breathing**

Lie on your back and put a stuffed animal onto your stomach. Breathe in and move the stuffed toy up, then breathe out, bringing the stuffed animal back down.

- **Use a pinwheel**

You can practice breathing out slowly and quickly, watching the speed of the pinwheel. As you control the speed of the pinwheel, you are controlling your breathing.

- **Use a feather**

Pick a coloured feather. It could be your favourite colour or a colour that makes you calm. Breathe in and hold for the count of 3. Then breathe out going up on one side of the feather and down the other side.

- **Hoberman sphere**

Breathe in and expand the sphere, breathe out and push the sphere back in - this mirrors what should be happening to your stomach. Watch the clip by clicking on the link below.

<https://youtu.be/YnNATiWYyx0>

- **Triangle breathing**

With your finger in the air, breathe in for 3 counts as you trace the first side of the triangle. Hold your breath for 3 counts as you trace the second side of the triangle. Breathe out for 3 counts as you trace the third side of the triangle. That is one complete deep breath.

You can try this breathing technique with different shapes - square breathing, star breathing or hexagon breathing.

- **Lazy eight breathing**

With your finger in the air, start with your finger in the middle of the eight on its side. Go up to the left and trace the left part of the 8 while you breathe in. When you get to the middle of the eight again, breathe out while tracing the right part of the eight with your finger.

- **4 -7-8 breathing**

Watch the clip below.

<https://youtu.be/UxbdX-5eOOo>

- **Using your imagination**

- Breathe in like smelling a flower, breathe out like you are blowing out birthday candles.
- Pretend your diaphragm is a balloon. Breathe in and make the balloon bigger, then breathe out, making the balloon shrink.
- Smell the delicious hot pizza, cool the pizza down.
- **Ocean breathing** - breathe in and imagine the waves rolling in, breathe out and image the wave rolling out.
- **Colour breathing** - breathe in and imagine a calm, happy, positive colour. Breathe a colour representing stress, anxiety, fear leaving your body.

- **Rainbow breathing**

<https://youtu.be/O29e4rRMrV4>

- **Volcano breaths**

Pretend your hands and arms are like lava flowing from a volcano. Start with your hands in front of your heart, with your palms touching. Keeping your hands together, reach straight up and breathe in. Separate your hands and move your arms down to your side and breathe out.

- **Explosion breaths**

Start in a standing position. Breathe in as you crouch down. Then, jump up, spreading your arms and legs as you breathe out.

- **Wood chopper breathing**

Standing tall with legs hip distance apart. Clasp hands together and raise your arms above your head. Breathe in through your nose. Exhale and pull your hands down towards your legs as you say "HA" to 'chop' wood.