



BANJO ROBINSON

YOUR CHILD'S MAGICAL PEN PAL!

PRINTABLE FUN!

READY SET BREATHE



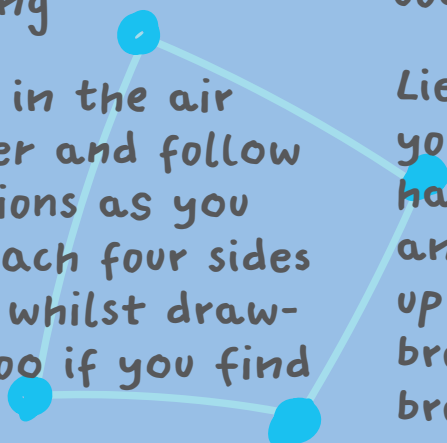
With
Little Blue

When I'm feeling nervous or excited (or even a little bit cross!), I like to find a quiet spot, get comfortable and do some gentle breathing exercises. Why don't you try them too?

1

Square breathing

Draw a square in the air with your finger and follow these instructions as you move around each four sides (you can do it whilst drawing a square too if you find that easier!).



Count your breaths

2

Lie down with a soft toy on your tummy and notice what happens when you breathe in and out. Does your tummy go up and down? Count 4 as you breathe in and 4 as you breathe out, first out loud, then silently on your own.

Side one- breathe in to a count of 4

Side two- hold for a count of 4

Side three- breathe out to a count of 4

Side four- pause for a count of 4

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