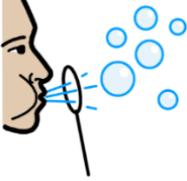
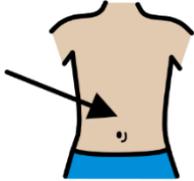
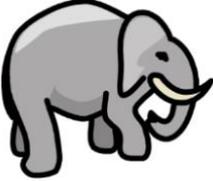
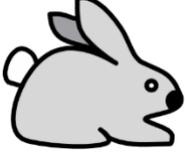
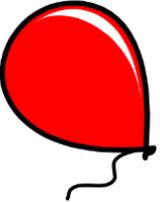




Breathing Exercises

	<p>Bubble blowing Blowing bubbles is a great breathing technique. You soon learn that by blowing too hard or too fast, the bubbles will burst. By blowing bubbles slowly you can blow a perfect bubble. After practicing with bubbles, you will learn the technique and be able to do it using your imagination.</p>
	<p>Deep Belly Breathing Imagine you have something, balanced on your tummy which you must rise into the air. Take a deep breath through your nose, and your belly should inflate making the object go up and then breath out through your mouth and your belly and the object go down.</p>
	<p>Elephant Breaths This is a good one to wake you up. Stand up with your feet shoulder width apart, arms hanging like an elephant's trunk. As you take a deep breath in through your nose, lift your arms above your head, as you breath out through your mouth your arms can go down.</p>
	<p>Bumble Bee Breaths Sit on the floor with your legs crossed. Close your eyes, put your fingers in your ears. Breathe in through your nose and then hum as you breath out.</p>
	<p>Smell the flowers, blow out the candle Imagine you are smelling a flower, take a deep breath in through your nose. Then imagine you are blowing out a candle and blow out slowly through your mouth.</p>
	<p>Hissing breath Sit on the floor and cross your legs. Close your eyes, take a deep breath through your nose and then hiss as you breath out, how long can you hiss for?</p>
	<p>Bear Breath This is a one to do to feel calm or before bed. Imagine you are a bear ready to hibernate. Breathe in for the count of 4, hold for two seconds, breath out for 4 and wait for two seconds before starting again.</p>
	<p>Bunny Breath Imagine you are a rabbit, sniff through your nose quickly 3 times and then breath out slowly through your mouth. This is good if you are feeling upset.</p>
	<p>Balloon Sit on the floor and cross your legs. Imagine you have a balloon which you need to be blown up. Take a deep breath in through your nose and then slowly blow out through your mouth, move your arms so show how big your balloon is getting.</p>

