



## PETAL BREATHING

In this exercise, you use your hands while breathing! Imagine that your palms are flowers and your fingers and thumbs are petals. As you breathe in, draw your fingers and thumbs together like flower buds. When you breathe out, open your hands, like blossoms in spring. Repeat as many times as you like!



## BOX BREATHING

In this exercise, you will divide your breathing into four parts! First, breathe in for four seconds, then hold your breath for four seconds. Next, breathe out for four seconds and then hold your breath for four seconds. Take a short break before repeating this exercise. Do it as many times as you like, until you feel calm and peaceful.



## HEART BREATHING

This exercise is useful if you are feeling a bit anxious. When you breathe in, imagine the air coming into your body and filling your lungs, chest and heart with a feeling of love. When you breathe out, let go of any tensions or unhelpful thoughts that you may be having. Repeat a few times until you feel better. Perhaps you will even be smiling after a few breaths!



## BUMBLE BEE BREATHING

In Yoga, this exercise is called the *Bhramari*. Sit comfortably with your legs crossed and close your eyes. Take a deep breath in through your nose, then lightly close your ears with your fingers. When you breathe out, make a humming noise like a bumble bee. This comforting sound has a calming effect and will help you feel more peaceful!



## SUPERHERO BREATHING

Do this exercise when you need extra strength and courage to face your day! Find a spot in front of a mirror and stand in a superhero pose with your legs apart, hands on hips and chest puffed out. Take a deep breath, filling your lungs, then breathe out fully. Repeat for two minutes – you should now feel confident and powerful!

