

Just Breathe

You can come back to your deeper breathing many times a day.



Breathing deeply calms your body by sending a message to your brain to feel calmer inside. Some need to breathe and move to feel less upset inside. Try Tapping.



1. Breathe in through your nose
2. Exhale out longer through your mouth
3. Try this 5 or 6 times in a row



You can lessen reactions of upset felt inside your body because you are taking charge through your deeper breathing.

Here's one to TRY with your children



Blowing Bubbles Breathing

Take a deep slow breath in through your nose.

Blow a long exhale out of your mouth, pretending to blow as many bubbles as you can.

Try this 5 more times.



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