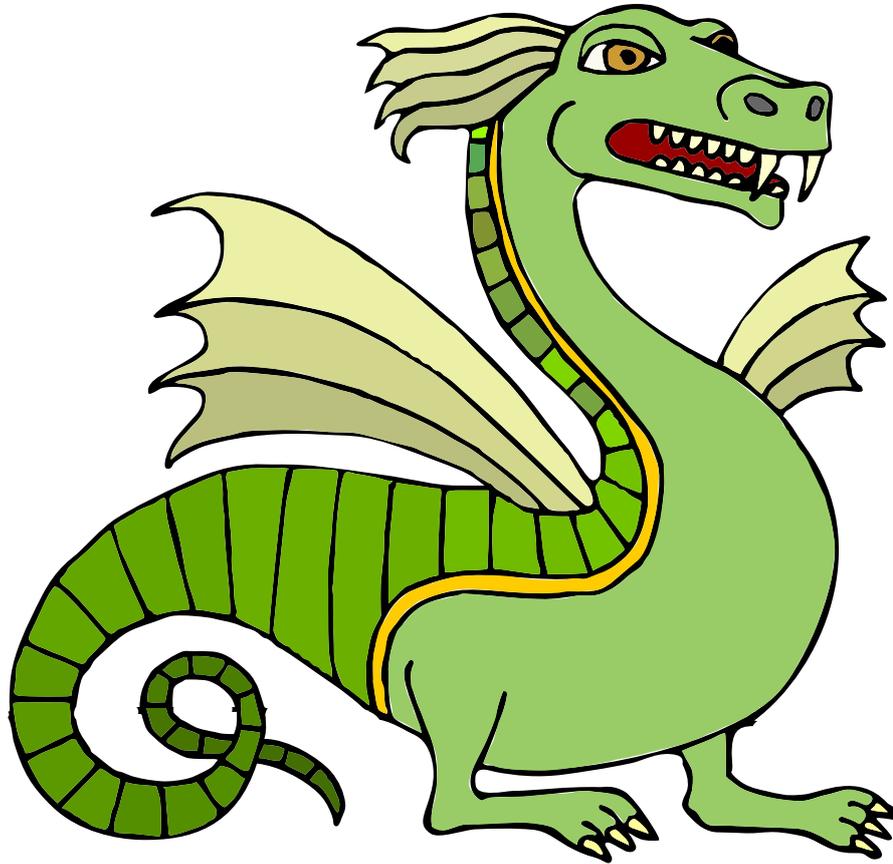


DRAGON BREATHING



Sit or stand comfortably.

Breathe in slowly through your mouth until your belly feels full.

Exhale through your mouth, spreading your 'wings' and whispering a soft roar as you blow out fire.

Repeat 3-5 times or until you feel calm and grounded.

BUTTERFLY BREATHING



Lie flat on your back.

As you inhale, hug your knees to your chest like a caterpillar snuggling in its cocoon.

As you exhale, slowly stretch your arms and legs out long like a butterfly spreading its wings.

Repeat until you feel calm and grounded.

BUMBLEBEE BREATHING



Sit comfortably.

Carefully put a finger in each ear and close your eyes.

Breathe in through your nose slowly until your belly is full.

Hum softly as you breathe out. The comforting vibration of this has a calming effect.

Repeat 4-5 times or until you feel calm and grounded.

RAINBOW BREATHING



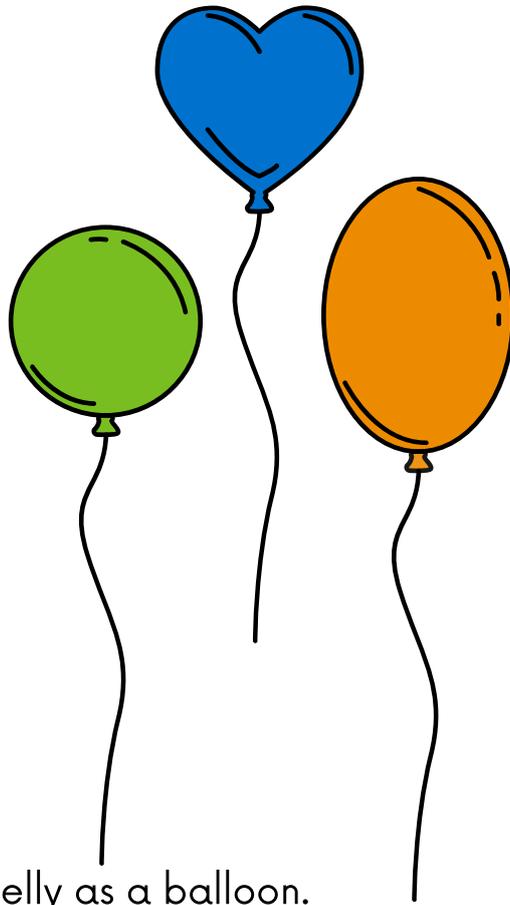
Place your finger at the bottom of the rainbow.

Breathe in through your nose and trace the red arc until you reach the top.

When you reach the top, begin to exhale through your mouth and continue tracing.

Repeat with each colour or until you feel calm and grounded.

BALLOON BREATHING



Think of your belly as a balloon.

Put your hand on your belly to feel it rise and fall.

Take a deep breath in through your nose to fill your balloon.

Hold your breath for 2 seconds.

Breathe out through your mouth slowly to deflate your balloon.

Repeat balloon breathing 5 times or until you feel calm and grounded.