

Controlled Breathing Exercises:

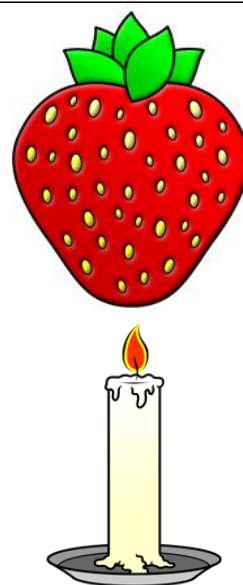
- 🌸 **Blowing bubbles:** This requires controlled slow exhale breathing.
- 🌸 **'Smell the strawberry, Blow out the candle':** Imagine smelling a strawberry, breathe in slowly through the nose then 'blow out' the imaginary candle by breathing out the mouth.
- 🌸 **'Hissing Breath':** Breathe in the nose, long deep inhale, and out the mouth on a hissing sound, slow and long.
- 🌸 **'Bunny Breath':** 3 quick sniffs in the nose and one long exhale out the nose. Can pretend to be a bunny, sniffing the air for other bunnies or carrots to eat. (Particularly useful your child is very upset and can't find their breath.)
- 🌸 **Hot Air Balloon:** Sitting in a comfortable cross-legged position, start by cupping your hands round your mouth. Take a deep breath in through your nose and slowly start to blow out through your mouth, growing your hands outwards in time with your exhale as if you are blowing up an enormous hot air balloon.
- 🌸 **Tumble Dryer:** Sitting in cross-legged position, point your index fingers towards each other and position them so your left finger is pointing to the right and your right finger is pointing to the left overlapping a bit in front of your mouth and blow as you spin your fingers round each other, making a lovely long exhalation and a satisfying swishy sound.
- 🌸 **Bumble Bee Breaths:** Sitting comfortably with your legs crossed and eyes closed (optional), breath in through your nose, then with fingers in your ears hum out your exhalation.



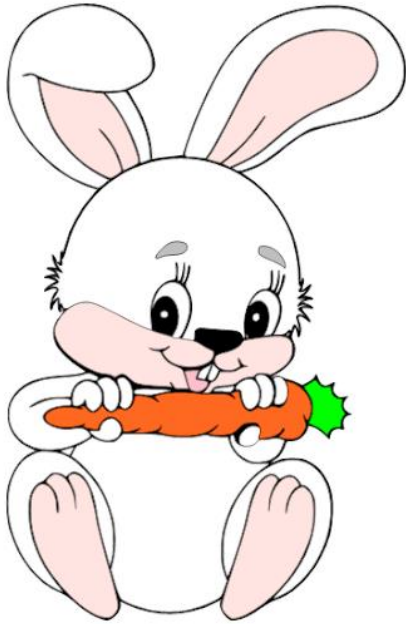
Tumble Dryer Breathing



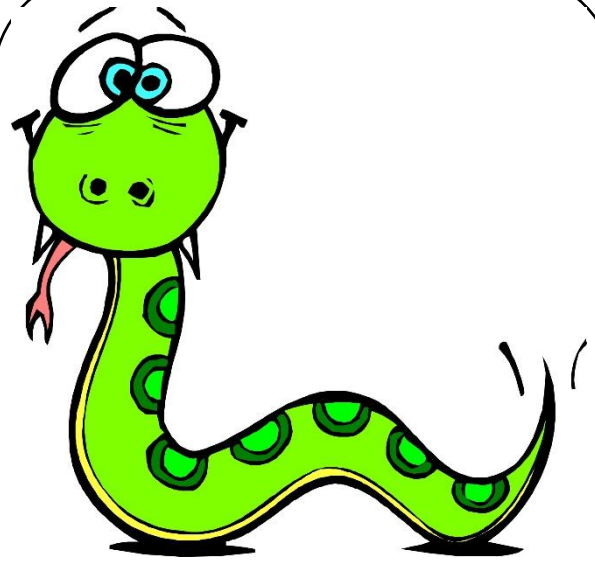
Bumble Bee Breaths



Smell strawberry, blow
out candle



Bunny Breaths



Hissing Breaths



Blow Bubbles



Hot Air Balloon