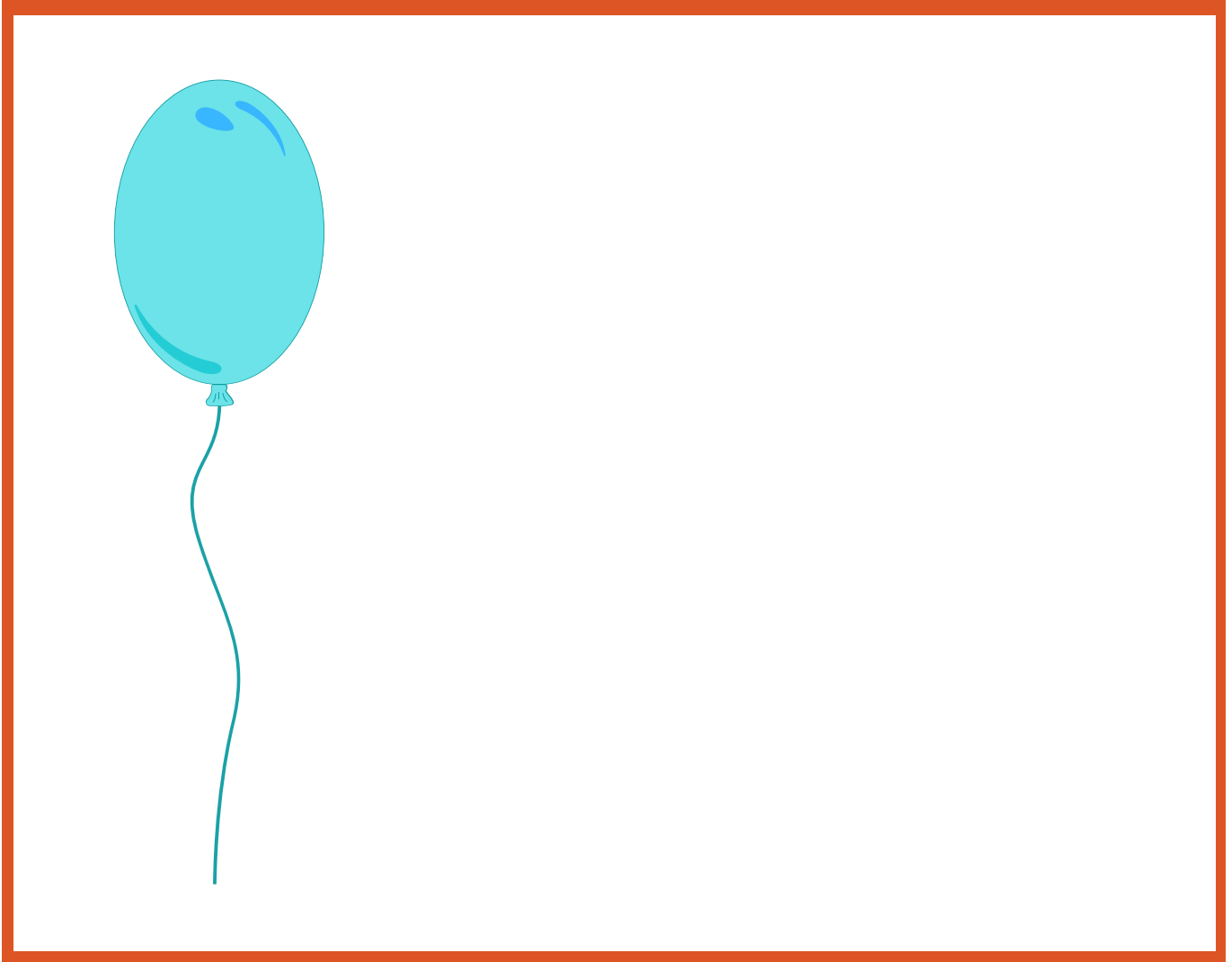


Mindful Breathing

Using breathing strategies to manage our stress response and emotions.

When our lungs are fully expanded our brain knows
we are safe and it is easier to use our PFC.

1. How high is your helium balloon today?
2. Draw the sky if you are floating high. Draw the ground if you feel low.



High: _____

Low: _____



Extension Activity for your Family: Have you breathed deeply today?

1. Teach your family what mindful breathing does for your brain.
2. Pick your favourite breathing activity and practise it each day as a family.