



Happy Breathing script

Finger breathing

Feather breathing

<If you think your children would enjoy it you can always practice this with real bubbles first or you can get them to imagine it>

You may choose to sit or stand for this happy breathing session.

Gently close your eyes or take your gaze softly to the floor.

Now, focus on your nose and notice how it feels to breath in through your nose.

In Out

In Out

How does it feel when you breathe out through your mouth?

Is your breathing fast, or is it slow?

How does your body feel?

Imagine that each time you breathe out, your body feels calmer and softer like a feather.

Calmer and softer

Calmer and softer

Where are you?

What can you hear?

What are your feet touching? Where are your hands?

Now take a deep breath in. Breathe out and then in your own time, open your eyes.

How do you feel?