Rainbow Breathing

Trace your fingers over the arches of your rainbow. Breathe in as you trace up over to the right and then breathe out as you trace up and over to the left.

Repeat until you feel calm and grounded.

Snake Breathing

Sit in a comfortable position.

Inhale through your nose for a count of four.

Hold for a count of two before exhaling through your mouth making a 'sssss' sound like a snake. Make the exhalation last as long as you can.

Balloon Breathing

Pretend that your belly is a big balloon. Take a slow, deep breath in and imagine your belly blowing up, up and up like a balloon.

Next, breathe out. Pull your belly towards your back and notice how your belly deflates, also like a balloon.
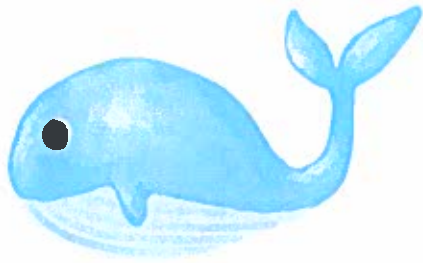
Soup Breathing

Imagine your are holding a bowl of hot soup in your hands.

Slowly breathe in through your nose and smell the delicious soup.

Slowly breathe out through your mouth to cool the hot soup.

Repeat as many times as you need to.

Whale Breathing

Sit up tall, take a deep breath in and hold for 5 seconds.

Tilt your head up and pretend your mouth is a blowhole. Blow your breath out as hard as you can like a whale blowing water out in the ocean.

Tea Breathing

Imagine that you just poured a hot cup of tea.

As you bring your warm cup close to your nose, take a deep breath in, smelling the sweet tea.
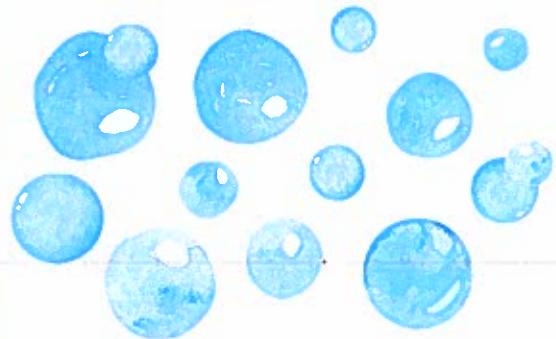
Breathe out through your mouth and pretend to cool your cup of tea with your breath.

Flower Breathing

Imagine that these flowers are real. Breathe in deeply and while doing so take a big whiff of the flower's beautiful smell.

Hold your breath for a count of two and exhale through your mouth for a count of four.

Bubble Breathing

Imagine you are holding a bubble wand.

Close your eyes and take a deep breath in. Hold your breath for a moment, then breathe out slowly as if you are blowing bubbles.

Imagine the bubbles floating away carrying all your worries with them.

Repeat this until you feel calm and grounded.