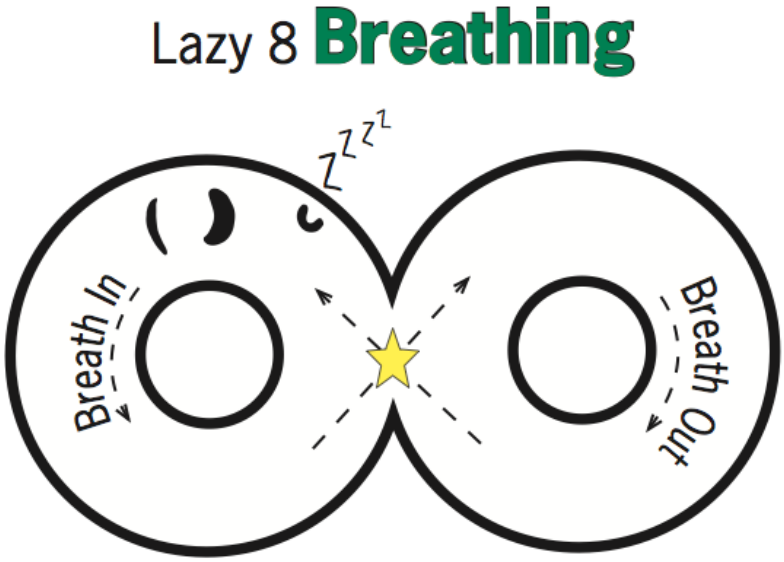
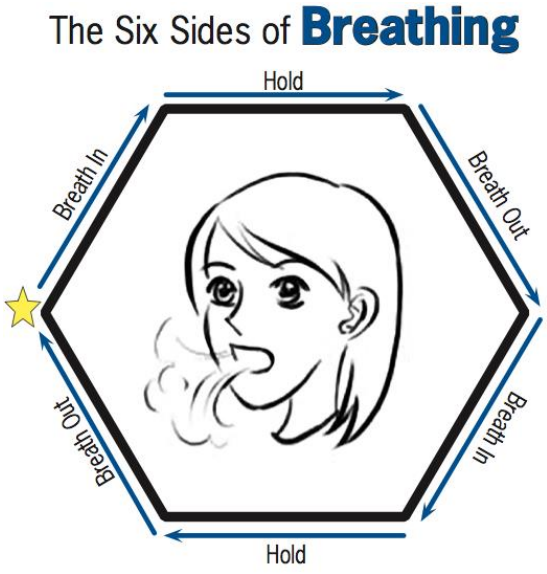
Breathing Techniques



Some children may respond well to the figure of 8 being cut out and covered in a material that appeals to them e.g. something soft, rough or fluffy.

Six sides of Breathing

Same principle as Lazy 8 breathing. Start at the star. Breathe in as your finger or eye travels along the first line, hold your breath as it travels over the next section and so on.