



1. Inhale through your nose (4secs)
2. Exhale through your mouth and make a humming sound.



1. Inhale through your nose. (4secs)
2. Exhale and pretend your blowing a dandelion.



1. Inhale through your nose (4secs)
2. Exhale through your mouth and make a buzzing sound.



- Pretend your drinking hot chocolate
1. Inhale through your nose. (4secs)
 2. Exhale and pretend your cooling it down.



1. Inhale through your nose. (4secs)
2. Exhale and trace a rainbow shape on your palm.



- Cup your hands over your ears.
1. Inhale through your nose (4 seconds)
 2. Exhale out of your mouth and listen to the waves.

