

# WAYS TO RELAX

HERE'S WHAT YOU CAN DO:

1

Stand up and stretch.

2

Take a break.

3

Take a couple of deep breaths.

4

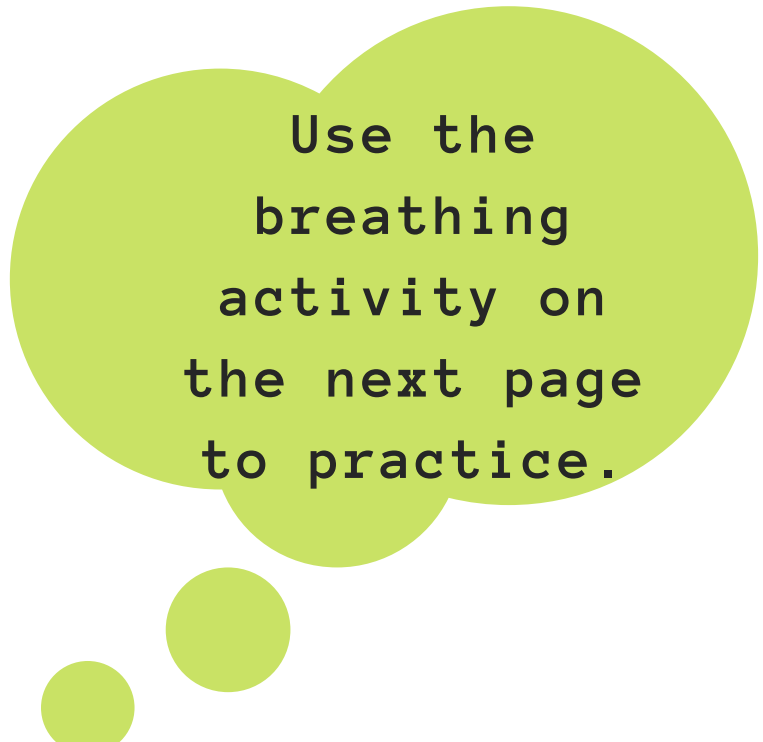
Talk to my someone about how you feel.

5

Am I feeling rested? Did I get enough sleep?

6

What is on my relaxation list?



Use the  
breathing  
activity on  
the next page  
to practice.

*My Relaxation List*  
*Things I like to do to Relax*

# Breathing

Pupils can practice these different breathing exercise while sitting or standing.

**Snake Breath;** Take a deep inhale in through the nose and breathe out through the mouth with a hissssssss.



**Colour Breath;** Close your eyes, take a deep inhale in through the nose while imagining a colour that makes you happy and smile. On your exhale out through the mouth, imagine a colour that represents stress and see it leaving your body.

**Flower Breath;** Take a deep inhale through your nose and imagine smelling a beautiful, colourful flower. Exhale slowly through your mouth.

**Bunny Hop Breath;** Take three short inhales into you nose and one long exhale out through your mouth.

**Dragon Breath;** Take a deep breath in through your nose and as you exhale out, wide mouth open wide, make a 'Haaaah' sound like a fire breathing dragon.

**Soft Belly Breathing;** Take a deep inhale in through the nose and as you do whisper the word 'soft', on the exhale whisper 'belly'.

**Bumblebee Breath;** Take a deep breath in through the nose and as you exhale slowly make a humming or buzzing sound like a bee.