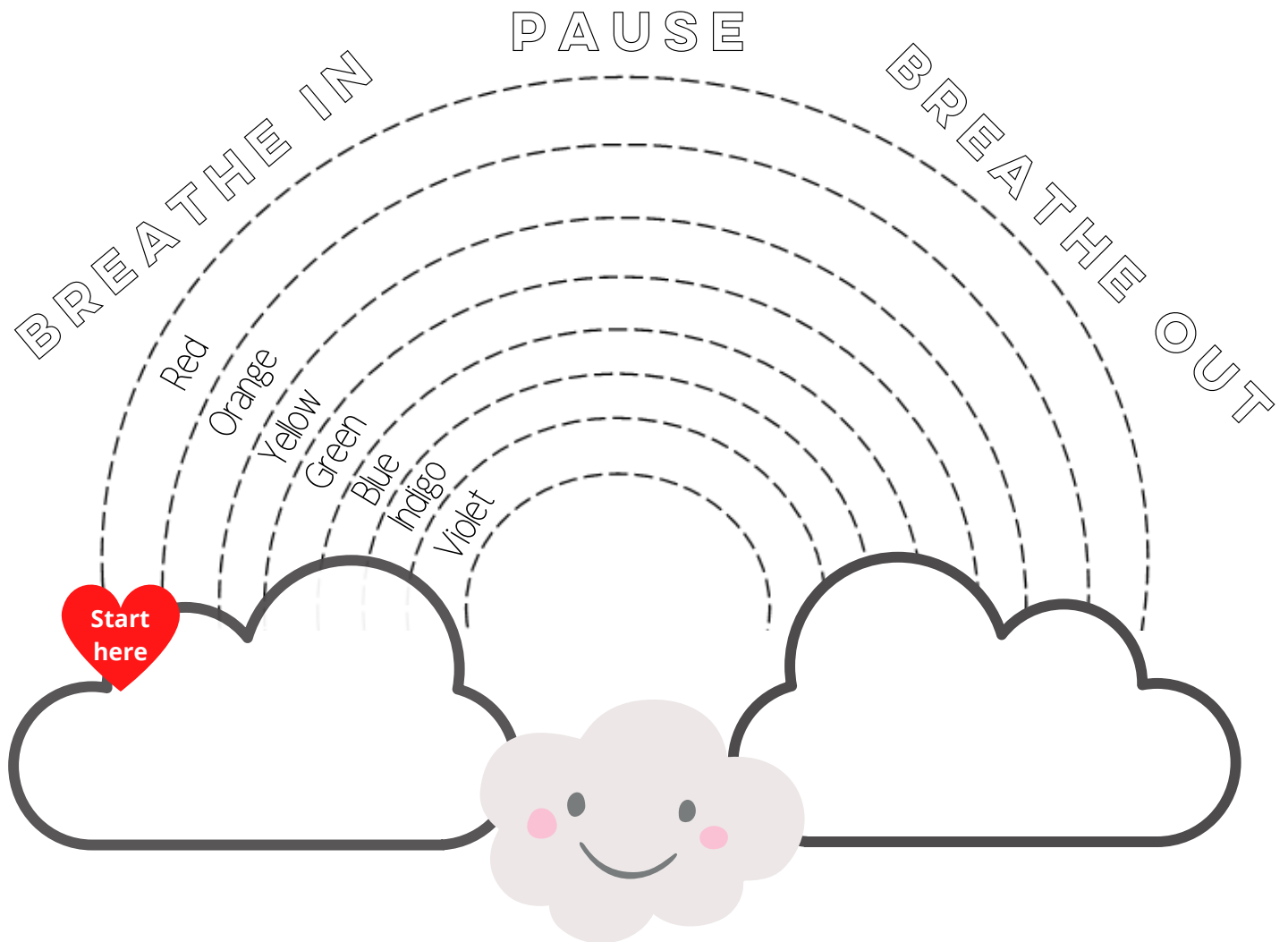


Rainbow Breathing

Bad weather can be scary or make us sad, but after rain and clouds comes a rainbow. This helps us remember that even when things are hard we know that it will get better and there are good things to be found. Try this rainbow breathing to help you focus on good things and to feel calm and relaxed.



RAINBOW

- Starting at the heart, use your finger to trace between the dotted lines.
- Breathe in slowly and deeply until your finger reaches the top.
- Pause here and hold the breath for a couple of seconds.
- Breathe out slowly and fully as your finger continues down to the end of the rainbow.
- Move your finger through the clouds and onto the next colour line.
- Repeat for all of the lines.
- Colour the rainbow and decorate the page with things that make you happy.



**Irish Heart
Foundation**