

Breathing Exercises

Hey there! My name is Max!

I learn a breathing exercise with Jasmine today, and it helped calm me down when I was angry and upset.

It's also really great to do anytime of the day to relax too.

Here's some breathing exercises you can do. Try them out, and see which is your favourite!



TUMMY BREATHING

STEP 1: Lie on your bed and place your hand on your tummy.

STEP 2: Take a deep breath in through your nose, then breathe out through your mouth. You should feel your tummy going up and down.

STEP 3: If you'd like, you can also place a small soft toy on your tummy instead of your hand.



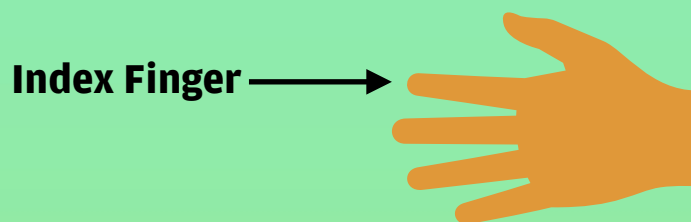
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BUMBLEBEE BREATHING



STEP 1: Sit comfortably on a chair or on the floor.

STEP 2: Close your eyes and place the tips of your index fingers in your ears to block out the noise.



STEP 3: Breathe in through your nose, and hum softly as you slowly breathe out. You should be able to hear your own hum, like the buzzing of a bee!

BALLOON BREATHING



STEP 1: Sit down comfortably and imagine you are about to blow up a balloon. Place your hands at your mouth, ready to inflate the balloon.

STEP 2: Take a nice, deep breath in through your nose, and blow the air out through your mouth. As you do so, imagine the balloon filling up with air.

STEP 3: Continue breathing in and out a few times, with your balloon getting bigger and bigger each time.

STEP 4: When your balloon is as big as you want it to be, release it and see it fly around the room!