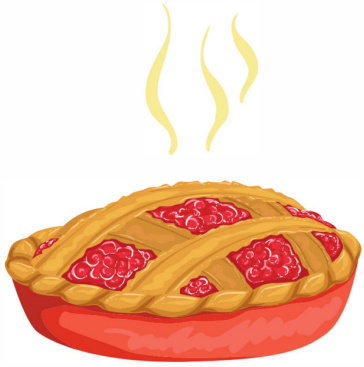
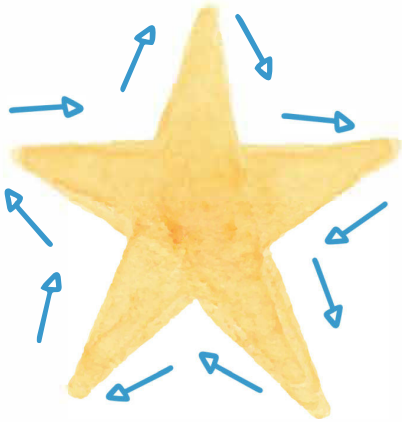


Imagine that a warm apple pie has just come out of the oven.

Breathe in slowly to smell all the flavours.

Then breathe out again and get ready for the next breathe in.

Repeat



Trace the star with your finger.

Breathe in and out slowly as you trace around the star.

Repeat 4 times.



Imagine your belly is a balloon.

Place your hands on your belly.

Breathe in through your nose and feel your balloon deflate.

Breathe out slowly through your nose and feel your balloon inflate.



Imagine you are holding a flower.

Breathe slowly in through your nose and smell the fresh air.

Breathe out slowly through your mouth and watch the petals fly off the flower.

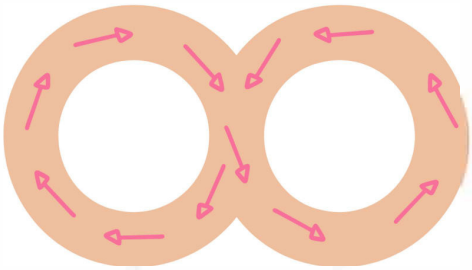
Repeat



Imagine you are a mermaid about to blow some bubbles.

Breathe slowly in through your nose and fill your belly with air.

Breathe out slowly through your mouth and watch all the bubbles float through the water.



Trace the figure eight with your finger.

Breathe in and out slowly as you trace around the figure eight.

Breathe in through your nose and out through your mouth.

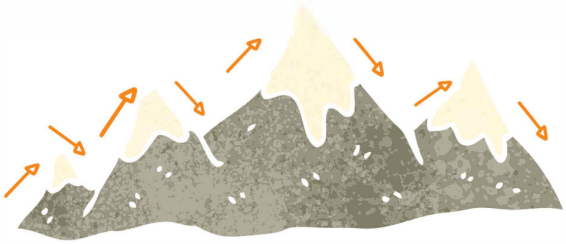
Repeat until you are calm.



Trace the flower with your finger.

Breathe in and out slowly as you trace around the flower.

Breathe in through your nose and out through your mouth.



Trace the mountain with your finger.

Breathe in and out slowly as you trace around the mountain.

Breathe in through your nose and out through your mouth.

Repeat



Close your eyes and imagine you are a dragon.

You are about to blow out a big fire ball.

Breathe in as much air as you can.

Blow out a big fire ball.

Repeat



Close your eyes and imagine you are holding a feather.

Breathe in slowly and fill your belly with as much air as you can.

Blow out slowly through your mouth and watch the feather float away.

Repeat



Close your eyes and imagine you are about to blow out all the candles on your birthday cake.

Breathe in slowly and fill your belly with as much air as you can.

Blow out slowly through your mouth and blow out all of the candles.

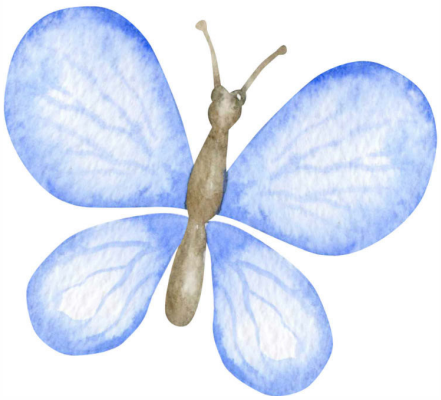


Place your finger at the bottom of the rainbow.

Breathe in through your mouth and trace the red arc of the rainbow.

When you reach the top of the red arc, exhale slowly until you reach the bottom of the rainbow.

Continue with all of the colours until you feel calm.



Close your eyes and lay down flat on your back.

Imagine you are a butterfly with your arms flat by your side.

Breathe in slowly through your mouth and expand your arms like they are your wings.

Breathe out slowly and bring your wings back in by your side.



Imagine you are an elephant.

Breathe in slowly through your nose as you fill it up with water.

Breathe out slowly through your mouth and watch all the water explode out of your trunk.

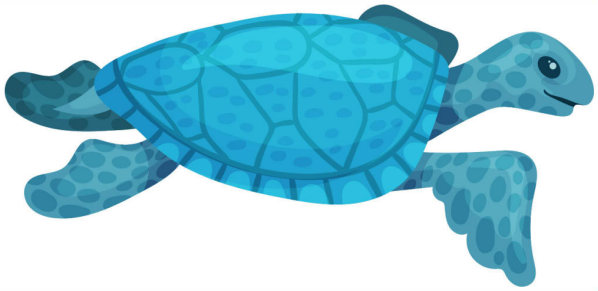
Repeat.

Place your finger at the bottom of the sun.

Breathe in through your mouth as you trace up one of the sunbeams.

As you reach the top of the sunbeam breathe out slowly as you trace down on the other side.

Continue with all of the sunbeams until you feel calm.



Close your eyes and imagine you are a turtle swimming through the ocean.

Breathe in slowly and fill your belly with as much air as you can.

Blow out slowly through your mouth and imagine yourself swimming through the water.

Imagine you are a tea pot.

Breathe in slowly through your nose as you fill it up with water.

Breathe out slowly through your mouth and watch all the steam come out of the tea pot's stout.



Imagine you are about to blow a whistle.

Breathe in slowly through your nose as you fill up your belly with air.

Breathe out slowly through your mouth and imagine the sound coming out of the whistle.



Imagine you are a bear about to let out a big roar.

Breathe in slowly through your nose as you fill up your belly with air.

Breathe out slowly through your mouth and imagine you are letting out a might roar sound.



Imagine that your breath is like a marching band and you are beating it very slowly.

Breathe to the beat.

Breathe in to the beat of four

Breathe out to the count of four.

Repeat