

Calming Breathing Techniques

With all the hustle and bustle of everyday life, it can be hard to find time to relax and clear your mind. Laya Super Troopers know that a healthy mind is just as important as a healthy body, so it's important to find some activities that help you to unwind after a busy day at school. Breathing techniques can help to reduce stress and anxiety and improve your mood. They can even have a calming effect! Why not try the techniques below?

Smelling Flowers

Smelling flowers is one of the easiest breathing exercises to master, and a good starting point for anyone!

- › Imagine you are smelling a flower.
- › Breathe in deeply through your nose, while counting to five, imagining that you can smell your favourite flower.
- › Breathe out through your mouth.

Hot Air Balloon Breathing

This is a fun and imaginative breathing technique that has a relaxing effect due to the long, deep exhalation.

- › Sit in a comfortable, cross-legged position.
- › Start by cupping your hands round your mouth.
- › Take a deep breath in through your nose.
- › Slowly, start to blow out through your mouth, growing your hands outwards in time with your exhale as if you are blowing up an enormous hot air balloon.
- › Once you are finished your exhale (and your balloon is as big as it can be), breathe normally as you sway gently from side to side.
- › Imagine your hot air balloon soaring through the sky.

Breathing with Your Hands

This breathing and mindfulness exercise can help you to relax! Why not draw or write about the sensations you feel during this exercise?

- › Sit comfortably on a chair.
- › With your hands shoulder width apart, clap them together really hard 3 times, counting aloud "1, 2, 3!"
- › Close your eyes, pause and silently bring all of your attention to what is happening to your fingers and hands. Write about the sensations and how this made you feel.
- › Use your right index finger to trace around the palm of your left hand very lightly, breathing in gently through your nose as you go.



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Repeat the above and breath out through your mouth as you go.

Clapping: Draw/Write what you noticed about your hands and fingers	Clapping: Draw/Write what you noticed about your hands and fingers

