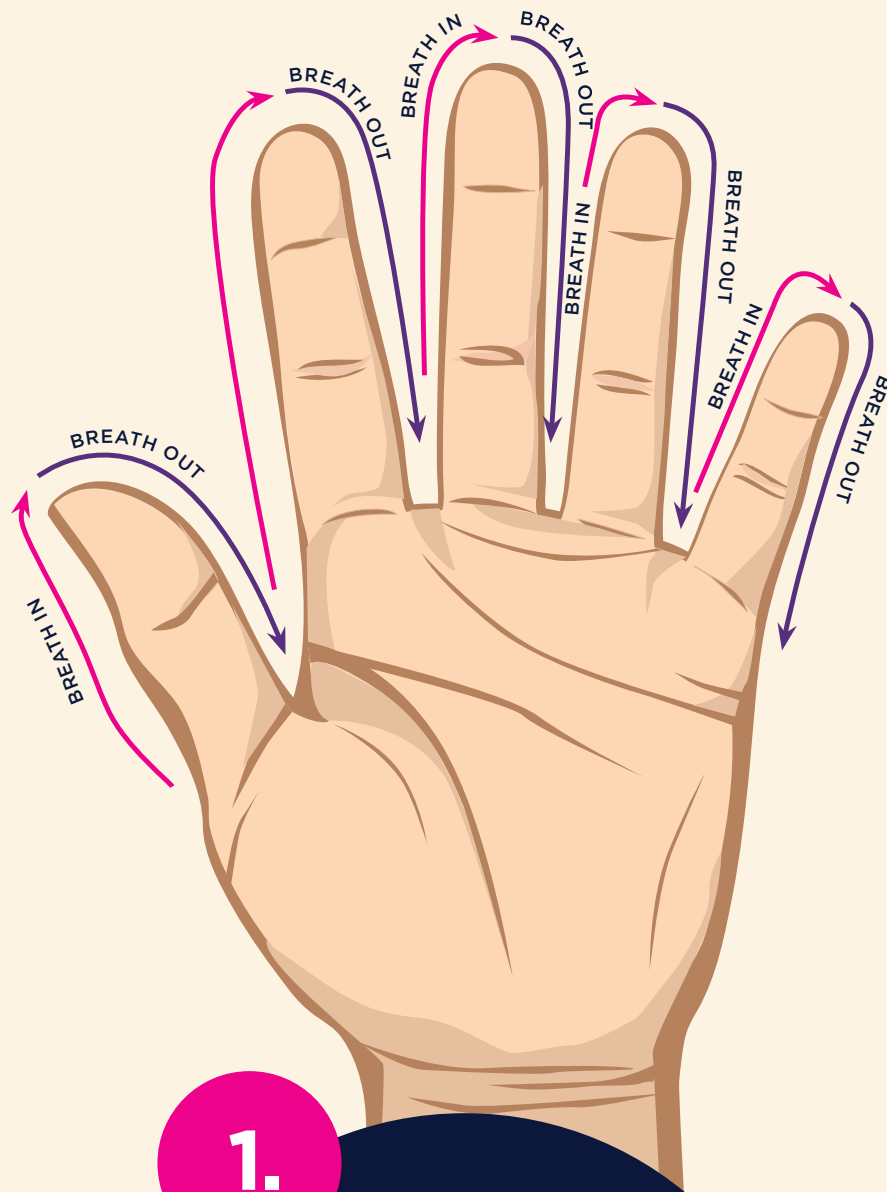


Nina's 4 breathing exercises



1.

Finger breathing

From thumb edge all the way round to finger finger edge, breathe in on the up and out on the over and down.

2.

Teddy Bear Toy Breathing

Lie down and place a teddy or soft toy on your tummy, watch it rise and fall as you breathe in and out.



3.

Volcano Breathing

As you breathe in, imagine the lava coming up through your feet and rising up through your body. As you breathe out, release a large loud breath imagining the lava pouring out from your mouth.



4.

Rainbow Breathing

Stretch arms out parallel and raise as you breathe in, lower down to sides as you breathe out. Do this 7 times, once for each colour in the rainbow. Why not try to name each colour of the rainbow as you go. This is a great exercise for getting your body moving!

