

Mindfulness and Breathing



- Try this [introduction to mindfulness](#)
- Deep breaths can really help.

Use this **hand guide**

(or your own hand) to follow five deep breaths in through your nose and out through your mouth.

- Create a comfortable area where you can lie down. Once you are lying flat, place your favourite teddy or toy on your tummy. As you breathe in through your nose and out through your mouth, notice the weight of the teddy moving with your breath.
- Get rid of anxiety with some relaxing [bee breaths](#). If you get really upset, calm down with some [bunny breaths](#).

