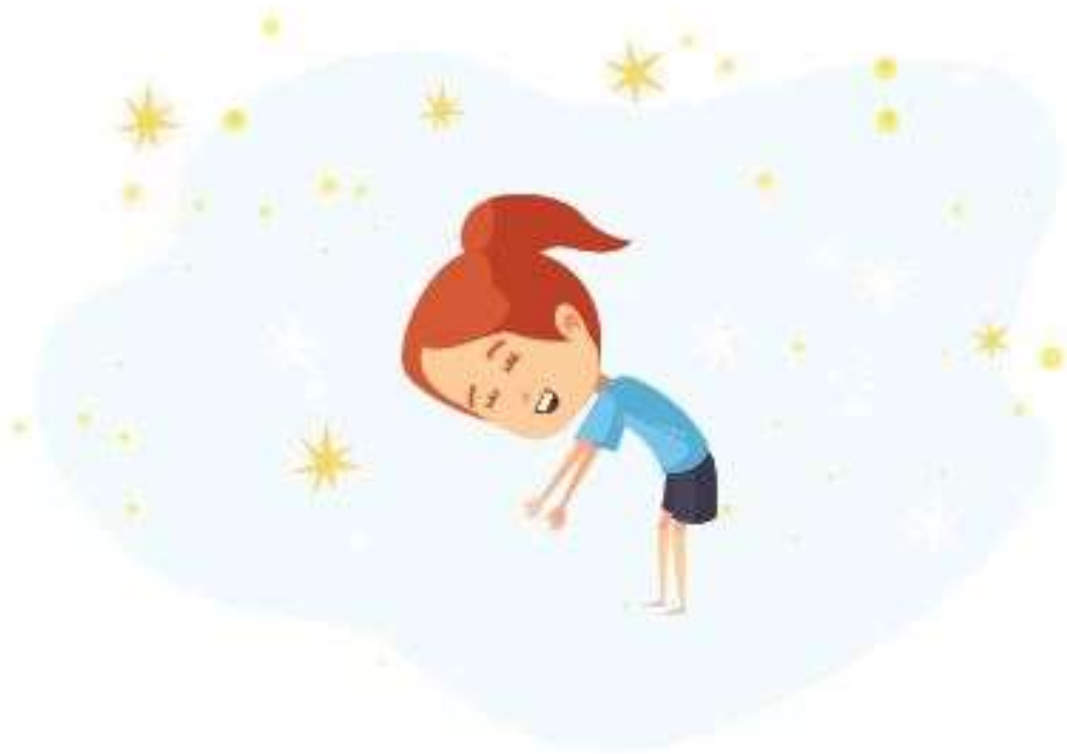


BREATHING & VISUALISATION EXERCISES

Elephant Breathing



Elephant Breathing Technique

Stand with your feet wide apart. Interlace your fingers in front of you. Inhale through your nose, raising your arms high above your head, like an elephant lifting up its trunk. Exhale through your mouth as you bend forward, swinging your hands down through your legs.

Sun Breathing



Sun Breathing Technique

Sit in a comfortable position with your hands placed gently on your lap. Inhale, reaching one arm up high to grab the sunshine. Exhale through your mouth with a strong 'hah' sound as you pull this sunshine down towards your heart. Inhale and reach up with the opposite arm. Exhale with a 'hah' sound, drawing the sunshine towards your chest.

Visualisation: At day at the Beach (Podcast)

<https://soundcloud.com/user-547419318/a-day-at-the-beach-visualisation-for-children-guided-by-gerard-1>