



1. Start by sitting cross-legged on the floor or sitting on a chair. Put your hands up to your mouth as if they are holding an imaginary balloon.
2. Take a deep breath in through your nose and slowly start to blow out through your mouth.
3. With your hands, extend them out as if you were blowing up a balloon.

*Where did you feel it in your body?*

4. Now repeat the activity, but this time focus on breathing in through your nose and out through your mouth.

*What change did you notice after focusing on your breathing?*