



The Balloon

- Take a deep breath in and slowly breathe out through your nose.
- Take an even deeper breath in and try to fill your chest up with air; as if you're trying to blow up a big balloon. Expand your chest as much as you can.
- Slowly let the air out of your chest by releasing the breath through your nose. Push as much air out of your 'balloon' as possible.
- Close your eyes and fill up your chest balloon with breath again.
- Slowly let the air out of your chest by releasing the breath through your nose.
- Keep thinking about your breathing in and out as you blow up the balloon 20 more times (slowly releasing the breath each time).

Squeeze and Relax

- Sit down or lie down comfortably and close your eyes.
- Take a few deep breaths.
- Bring all your attention to your right foot; think about how it feels.
- Squeeze all the muscles in your right foot; scrunching it tightly into a ball with all 5 toes. Hold this tension for 2 deep breaths.
- Suddenly relax your right foot completely and notice the tension go.
- Take a deep breath and do the same on your left foot.
- Tense, hold for 2 deep breaths and then relax each area of your body following this order:
 - Right foot
 - Left foot
 - Bottom
 - Tummy
 - Right hand
 - Left hand
 - Shoulders and neck
 - Face
 - Whole body together (do this twice)
- When you've done your whole body twice, focus on your breathing; taking big deep breaths in and slow breaths out through your nose.
- Breath in and out deeply and slowly 10 times.



Flying

- Sit down comfortably and close your eyes.
- Focus all of your attention to your breath and slow it down (take deep breaths in and slow breaths out).
- Imagine you are travelling with your breath as it leaves your body. You are flying high up into the sky.
- Count to 10 as you breath out and only take another breath when you have reached 10.
- As you count, imagine that you are gliding in a beautiful landscape.
- Do 20 more deep breaths, counting to 10 as you breath out.

