



Buddy Breathing

This is a great calming activity that can be done at any time of the day when things are getting a bit much. It can be useful at bedtime to help slow things down, or when your child gets overwhelmed and needs some time out.

It is an activity that you can do together to help build bridges when things have been stressful or just to simply spend time together feeling cosy and chilled out.

Breathing techniques help the mind to re charge and to regain a sense of calm. It is so vital for positive relationships and positive thinking that we all find ways to achieve this no matter what our age.

How to do Buddy Breathing:

1. Find your favourite soft toy.
2. Choose a place that's comfortable and where you can lie flat and completely still
3. Make sure the room is quiet, warm and has no distractions (telly, devices etc)
4. Lie on your back and place your soft toy on your tummy
5. Breathe in and out and concentrate on the process of breathing in and out – do this in a slow and relaxed way.
6. As you are breathing in and out, watch as your soft toy rises up and down with the breath.
7. Focus only on your toy rising and falling gently with your chest and tummy as you breathe.
8. Continue with this for as long as it feels nice.
9. When you are ready to stop, decide together that it's time.
10. Give your soft toy a big cuddle and remember how nice this was to do.
11. Before you get up, think how you feel in your toes, feet, legs, tummy, chest, mouth and eyes. You should feel calm and relaxed.
12. Roll onto your side, bring your knees up and slowly kneel up.
13. Put your hands by your knees and slowly push yourself up, uncurling your body until your head is the last thing to come up.
14. Stand and stretch.
15. Wiggle your feet hands.
16. Enjoy feeling rested!