

Calm breathing.



Hi there, Zoobi here! Can you remember what calm breathing is? Calm breathing helps you to focus on your breathing and forget what is happening around you. This may be a useful skill to use when you are feeling scared, sad or worried. Can you remember how to do calm breathing? If you are not sure, read through Steps 1-6 to refresh your memory.



Step 1:

To do calm breathing, you need to sit or lie in a comfortable position. Close your eyes and relax.

Step 2:

Take a deep breath in by breathing in through your nose.

Step 3:

Let it out slowly through your mouth. You can make a hissing sound (sssssssssss) if you like. Try and relax your body while you are doing this.



Step 4:

You may want to say the word "calm" in your mind while you are breathing out.

Step 5:

Another way of doing calm breathing is to blow bubbles with a bubble blower. You will need to open your eyes to do this one!

Step 6:

Take a long, slow breath in and blow out slowly through the bubble blower. You may notice that as you breathe out, the scary feelings seem to go away.

