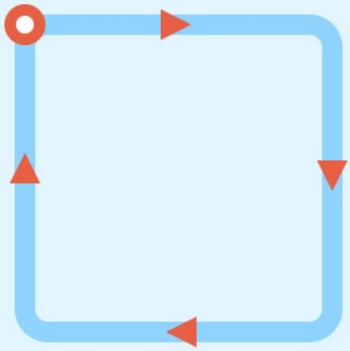
Breathing shapes

Trace a shape slowly with your finger and let your breath follow it. Start at the dot. There's no wrong way to do it.

Square breath



Breathe in along the top. Hold down the side. Breathe out along the bottom. Hold up the side.

Star breath



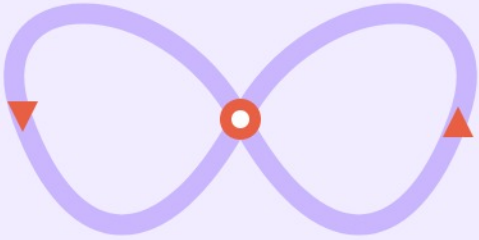
Breathe in as you trace up to a point. Breathe out as you trace down. Five points, five breaths.

Wave breath



Breathe in as you ride up the wave. Breathe out as you slide down. Surf all the way to the end.

Lazy eight



Breathe in round the left loop. Breathe out round the right loop. Go round as many times as you like.

Which shape felt best today? Put a star next to it.