

BREATHE

The way we breathe changes depending on what we're doing and how we're feeling. When we're happy and relaxed, our breathing is slow, gentle, and deep. When we get scared, mad, or worried, our breathing changes and gets shorter and faster.

Taking slow, deep breaths sends a signal to your brain and body to calm down and relax.

Taking a moment to notice and focus on your breathing is something you can do anytime, anywhere, to help yourself feel more calm and settled.

Pinwheel

Take a deep breath and blow on the pinwheel. Notice how you can make the pinwheel turn fast or slow, depending on how hard you breathe out.

Notice how long you can keep the pinwheel turning using one long, slow, gentle breath.

Make it!

Pinwheel



You'll need:

- Stick (like a pencil, straw, dowel, or chopstick)
- Pin (like a sewing pin or pushpin)
- Printed pinwheel template

To make your pinwheel:

1. Cut out the pinwheel template. You can colour one or both sides if you want to.
2. Cut along the dotted lines.
3. Fold the dot on each tip to the centre and push a pin through the dots.
4. Push the pointy end of the pin into the top of your stick.
5. Blow on your pinwheel and watch it spin!

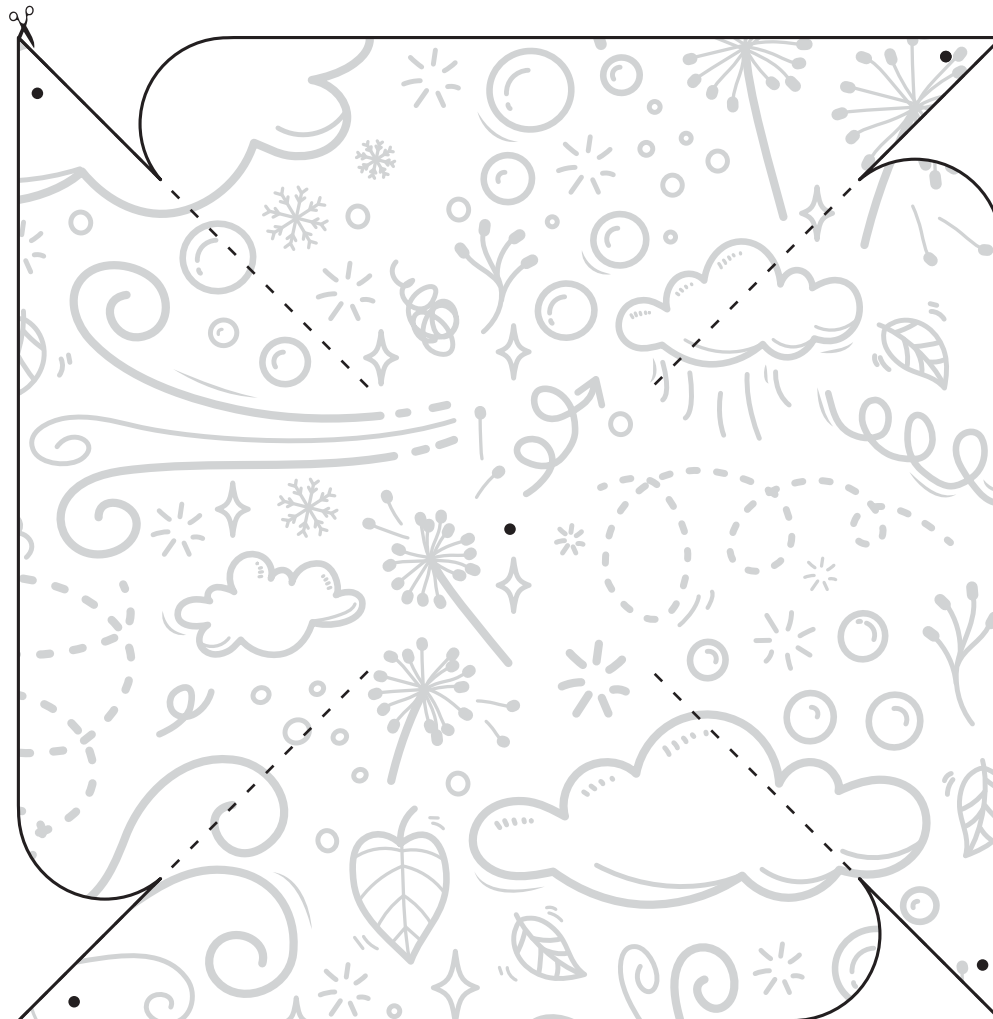
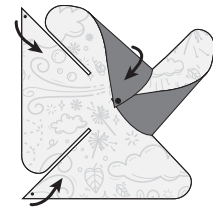
Pinwheel Template

You'll need:

- Stick (like a pencil, straw, dowel, or chopstick)
- Pin (like a sewing pin or pushpin)

To make your pinwheel:

1. Print the template.
2. Cut out the template. You can colour one or both sides if you want to.
3. Cut along the dotted lines.
4. Fold the dot on each tip to the centre and push a pin through the dots.
5. Push the pointy end of the pin into the top of your stick.
6. Blow on your pinwheel and watch it spin!



Maze Cards

Breathe in as you trace your finger along the path of the maze card. Pause when you get to a dot.

Breathe out as you keep tracing. Repeat as you trace your finger along the whole maze.

Maze Cards

