

## Breathing Exercises



1. Stand up to try this if you can.



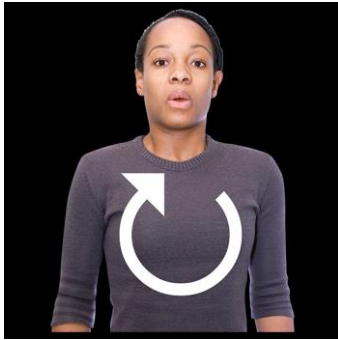
2. Place your feet a little distance apart so you feel stable.



3. Take a few deep breaths.



4. Relax your shoulders and drop your hands to your sides. Let your arms and hands just dangle, relaxed.



5. Take in a deep breath through your nose (like you are smelling a flower).



6. Now breathe out by blowing it through your mouth (like you are blowing out a candle).



7. Remember to relax your shoulders and arms.



8. Try and do the breathing in and out 3 more times.

Breath in (like smelling the a flower)



Breath out (like blowing out a candle)