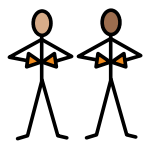
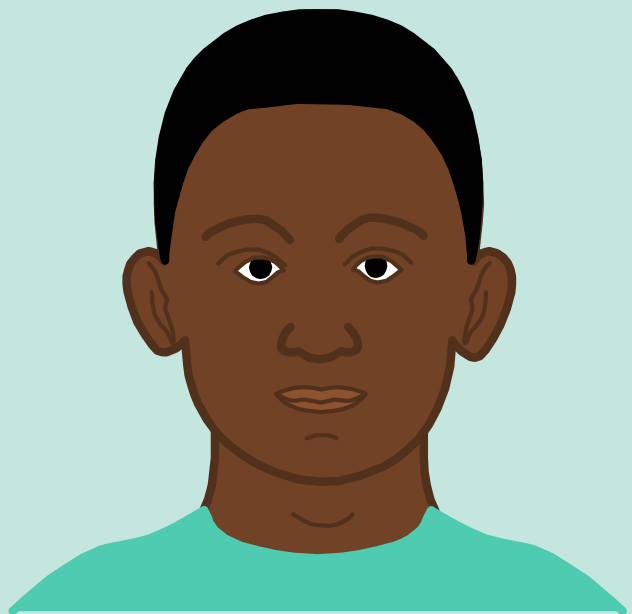
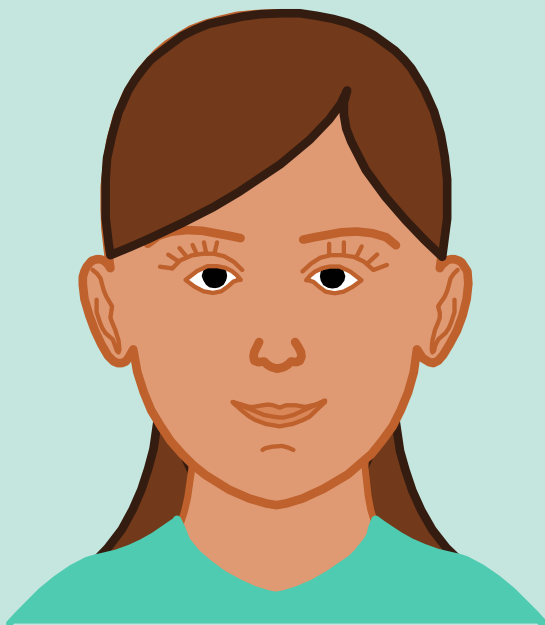


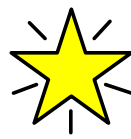
When we feel anxious...



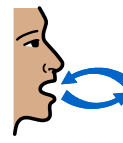
...we



like to



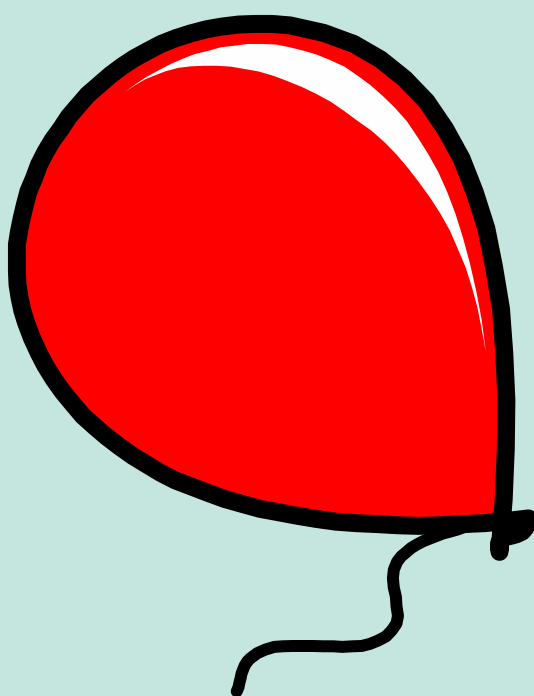
do special



breathing.



Imagine a balloon.



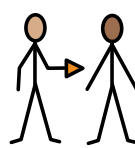
It



can be



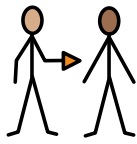
any colour



you



like.



You



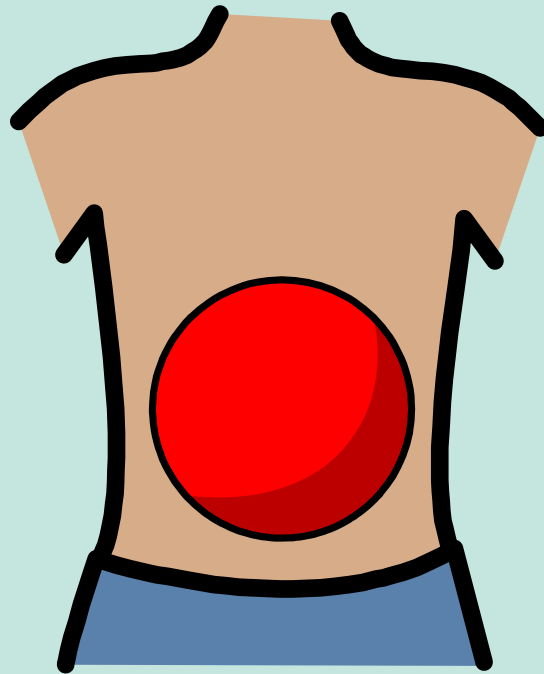
might



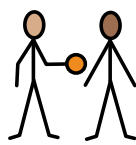
like to



close your eyes.



Imagine



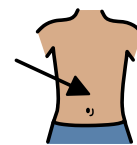
your



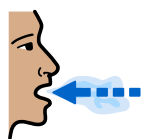
balloon



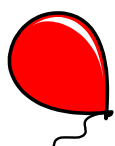
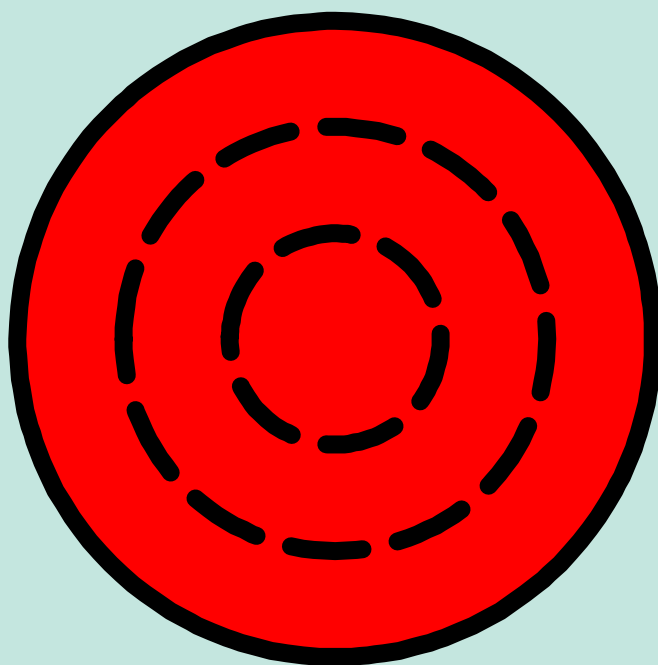
is in



your tummy.



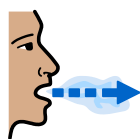
As you breathe in...



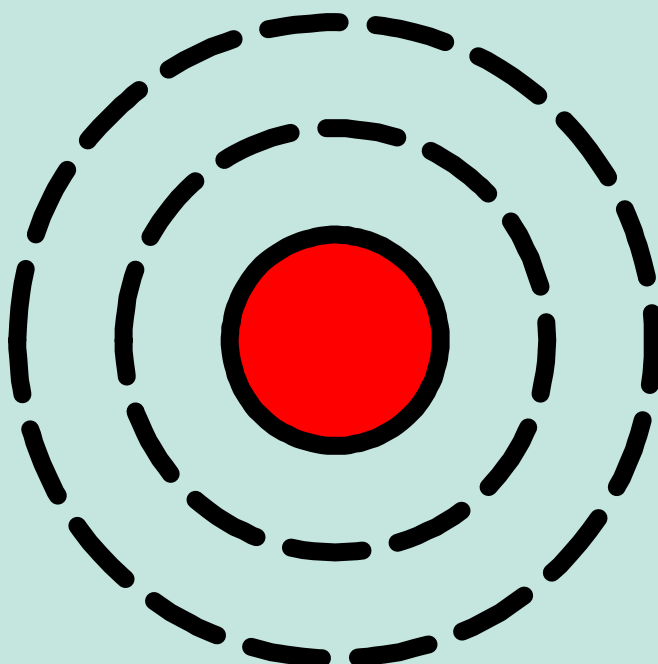
...your balloon



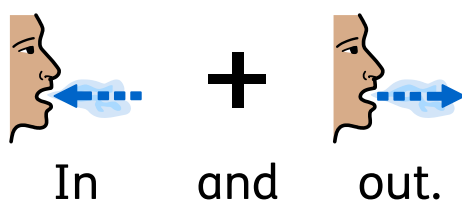
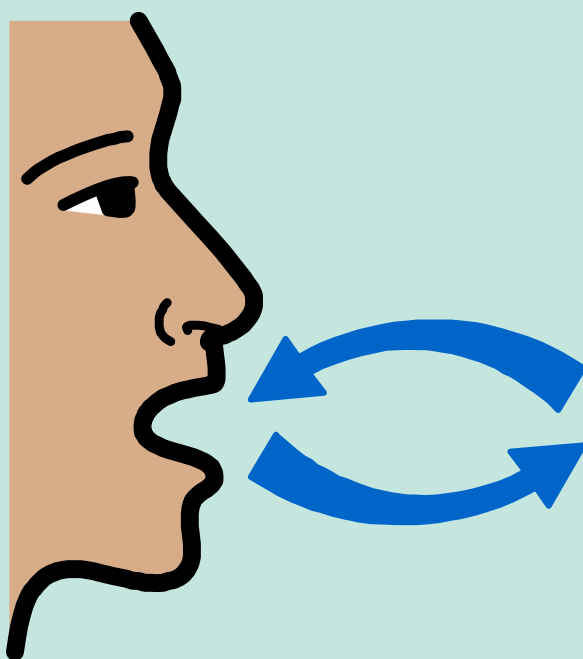
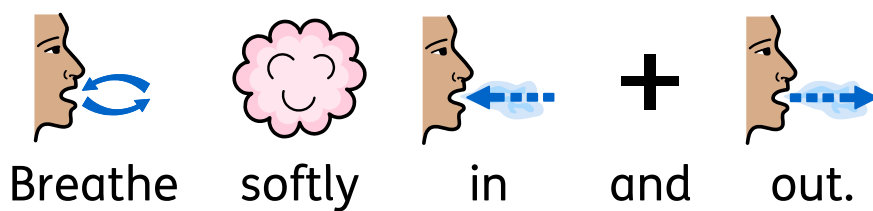
gets bigger.



As you breathe out...

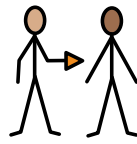


...your balloon gets smaller.





When



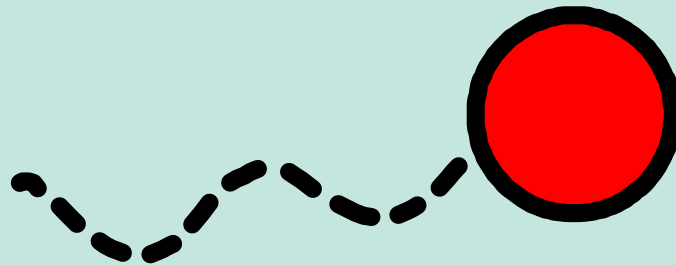
you



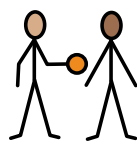
feel



calm...



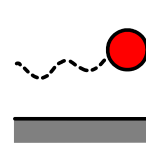
...imagine



your



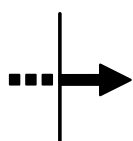
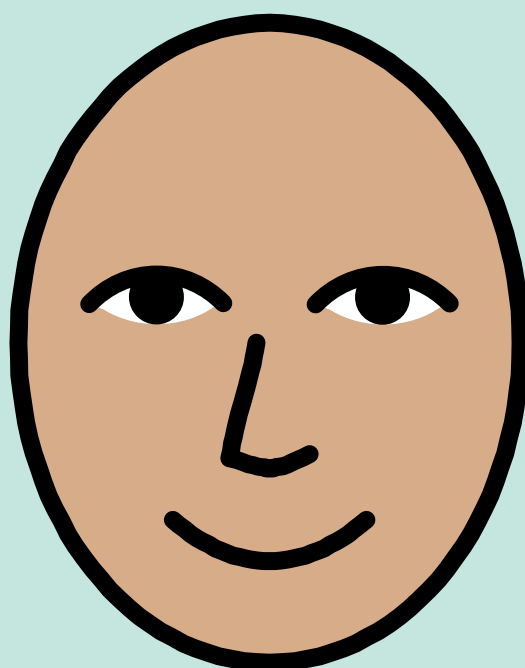
balloon



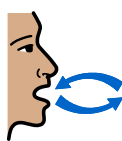
floating away.



Open your eyes.



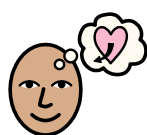
Keep



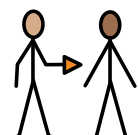
breathing



softly.



We hope



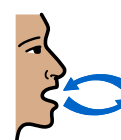
you



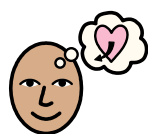
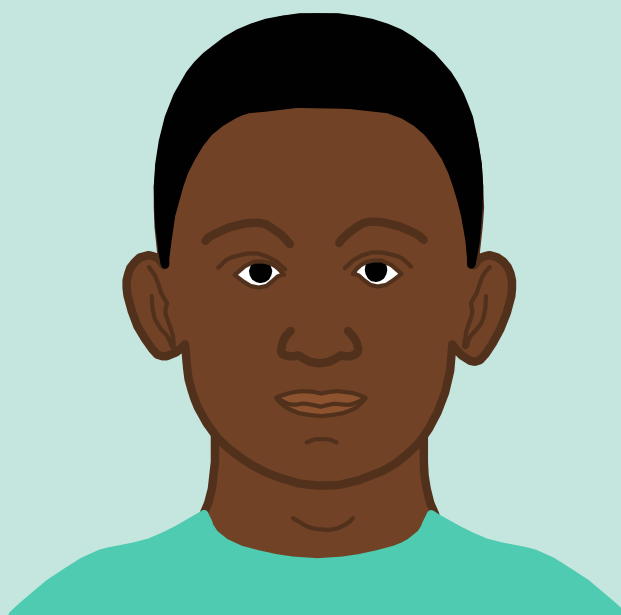
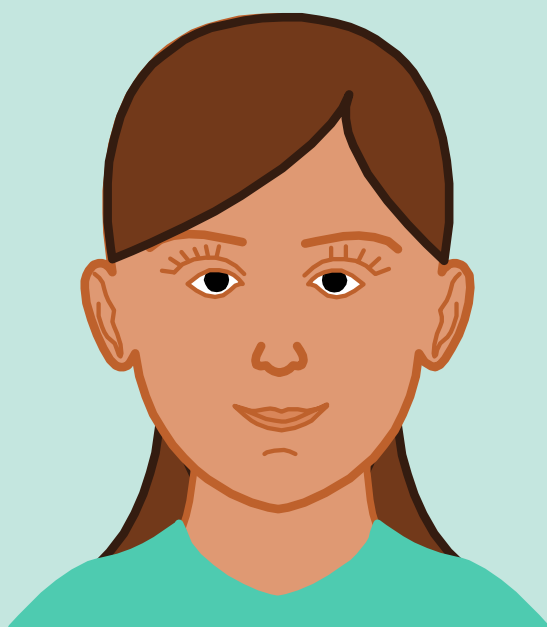
like



our special



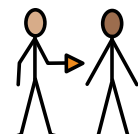
breathing.



We hope



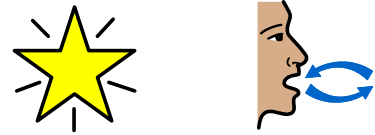
it helps



you



keep calm.

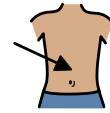


Special Breathing

1

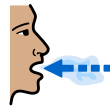
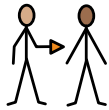


+



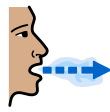
Close your eyes and imagine a balloon is in your tummy.

2



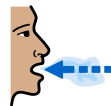
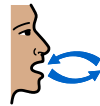
As you breathe in the balloon gets bigger.

3

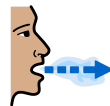


As you breathe out the balloon gets smaller.

4



+



Breathe softly in and out.

5



+

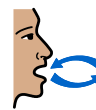
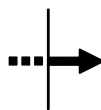


Feel calm and imagine your balloon floating away.

6



+



Open your eyes and keep breathing softly.