MINDFUL BREATHING

Focusing on breathing helps us to stay calm.
We can use meditation as a way to deal with upsetting situations.

1. Put your hands on our stomach

2. Breath in for three seconds

3. Feel the air as it moves in

4. Exhale for three seconds

5. Repeat for 2 minutes

**Focusing on breathing
will clear your mind!**

How does the breath feel?