

MINDFUL BREATHING EQUAL BREATHING



Equal breathing is a basic breathing technique.

1. Take a slow inhale through your nose for a **count of four**.

2. Slowly exhale through your nose for a **count of four**.

3. Repeat if you want.

MINDFUL BREATHING ABDOMINAL BREATHING

Abdominal breathing is one of the **easiest breathing techniques**.

1. Place one hand on your chest.
2. Place the other hand on your abdomen.
3. Take a deep breath in through the nose.
4. Feel your hand on your abdomen move as you inflate your diaphragm with air.
5. Slowly release your breath.



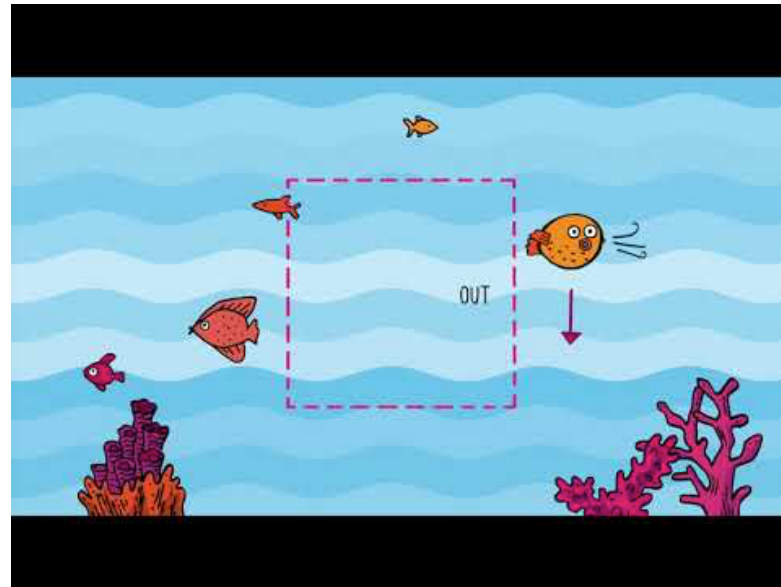
MINDFUL BREATHING 4-7-8 COUNT

The 4-7-8 count, is a powerful breathing technique, perfect for those students and teachers that struggle with high level of stress or anxiety!

1. After a deep exhale with a big sigh, close your mouth and slowly inhale through your nose for a count of 4.
2. Then hold your breath for a count of 7.
3. Exhale deeply and completely for a count of 8, letting out a big sigh.
4. Repeat if you want



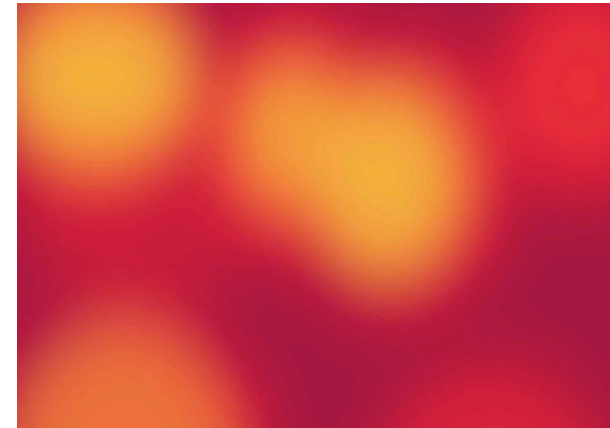
SQUARE OR BOX BREATHING



MINDFUL BREATHING BREATHING COLOURS

This activity uses **visualising colours** as a means to increase awareness, emotional regulation and focus.

Think about a colour that represent stress and unpleasant emotions (that they want to get rid out of) and a colour that represents positive mood, and pleasant emotions (that they want to increase).



MINDFUL BREATHING BREATHING COLOURS

1. Sit comfortably, either on a chair or on the floor or stand. Close your eyes and imagine your surroundings are progressively turning the colour that gives you positive mood and emotions.
2. Imagine as you breathe in, you breathe in this colour and it fills up your lungs.
3. As you breathe out imagine your breathe is the colour of stress and unpleasant emotions.
4. Watch the two colours mix in the air and watch the stress colour slowly disappear.

