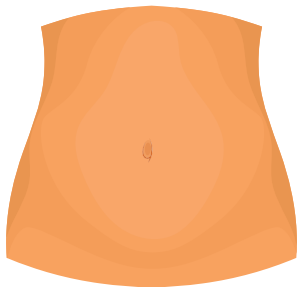


Cup Cake Breathe: For Calm

Place your **hands on your belly** and as you **breathe in**, feel (or imagine) your **belly rise**, just like your favourite cake rising in the oven.



Breathe out through your nose and notice your belly fall and soften. **Slow the breath down with a count of 1.2.3.4 on each breath in and out. Repeat for a few minutes.** Practise morning and evening to feel **settled and calm.**



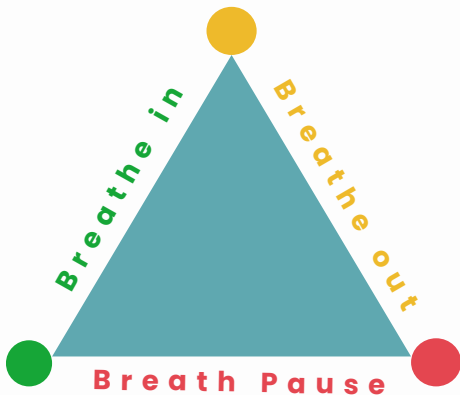
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Triangle Breath: For Focus

Can be practised seated or lying down. **Begin by breathing in softly. Breathe out gently. Then pause the breath** (whereby you hold the breath) for a moment. The pause is always **after the breath out and should always feel easy**. Repeat for instant calm. You can trace your finger around the triangle whilst you practise.



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Keepie Uppie Breathe: Energy + Focus



Breathe in through the **nose** as you keep the football up in the air for **5 keepie uppies**. **Breathe out** through the **nose** for **5 keepie uppies**.

Repeat. If this is easy, up the count to 6 keepie uppies. If this is an effort, lessen the count to 4. This is great to **improve fitness and focus** levels. If netball is more your game, you can throw the ball up in the air 4 or 5 times to pace your breath.



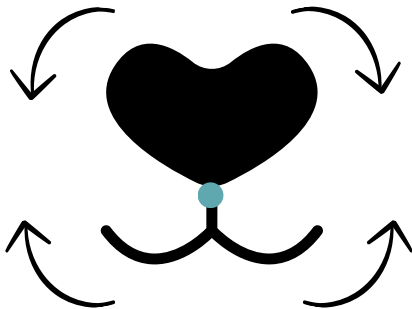
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Pup Breathe: Sensory Calm

Breathe in through your **nose**, tracing an image of your favourite **pups nose**. From the bridge of your nose, trace under the eyes, above the cheeks and around to your nostrils.



● **Breathe out** through your **nose** when your fingers reach the outer nostrils and continue to breathe out as you **trace a happy pup's smile over the closed mouth, up and around the jaw to the cheeks**. Repeat for 10 rounds. Practise to feel calm and present.



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Build Your Routine

To build a breathwork practice, choose a few (or all!) of the breath exercises above and create your own routine to help you feel calm and focused.

Start by trying just two minutes of the suggested routine. For example, you could begin with the Keepie Uppie Breathe and finish with Cupcake Breathe. Take a moment to notice how you feel afterwards.

Practice each breath exercise for just one or two minutes, and pay attention to any changes in how you feel – physically, mentally, or emotionally.



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