

## Breathing exercise for Anxiety or Panic Attacks

Interlink your fingers and place on your stomach

Let your shoulders drop and become loose.

Think of a coloured balloon in your stomach (Students favourite colour)

Take a slow breath in through your nose, inflate your balloon.

(Stomach rises, not chest)

Breathe out slowly through your nose, deflating your balloon.

Students can work on this until they become relaxed.

Students do not need to lie down! Sitting in a chair or on the floor is best.

