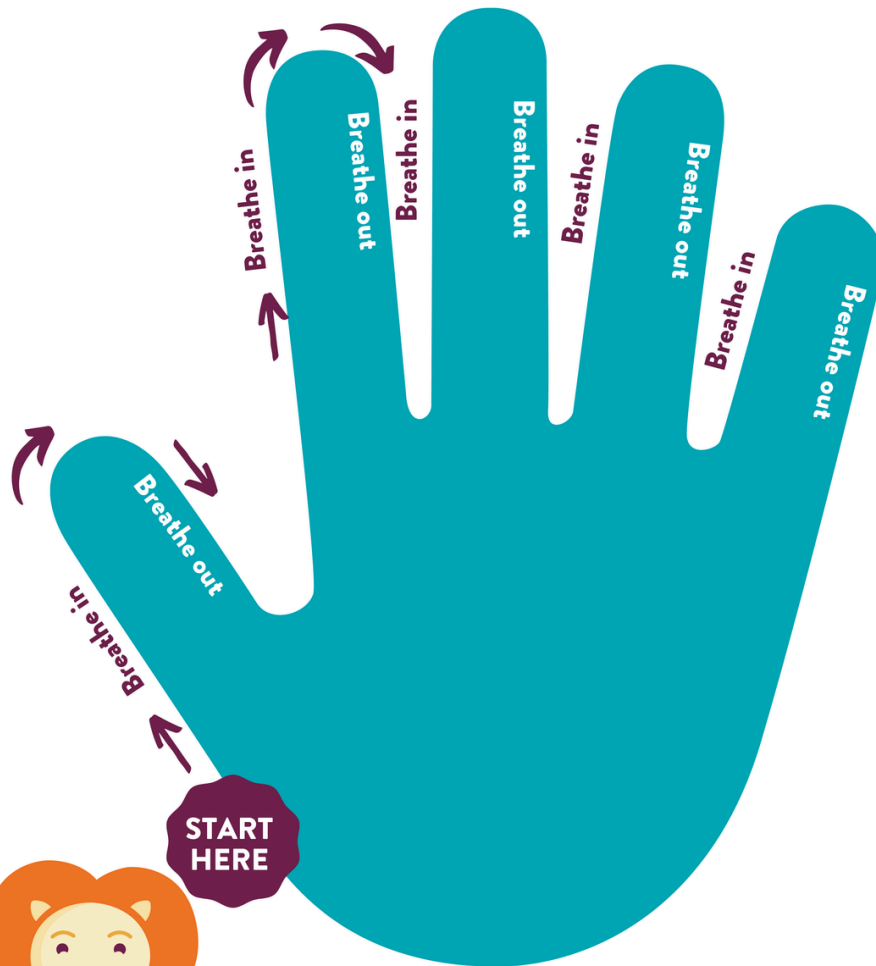


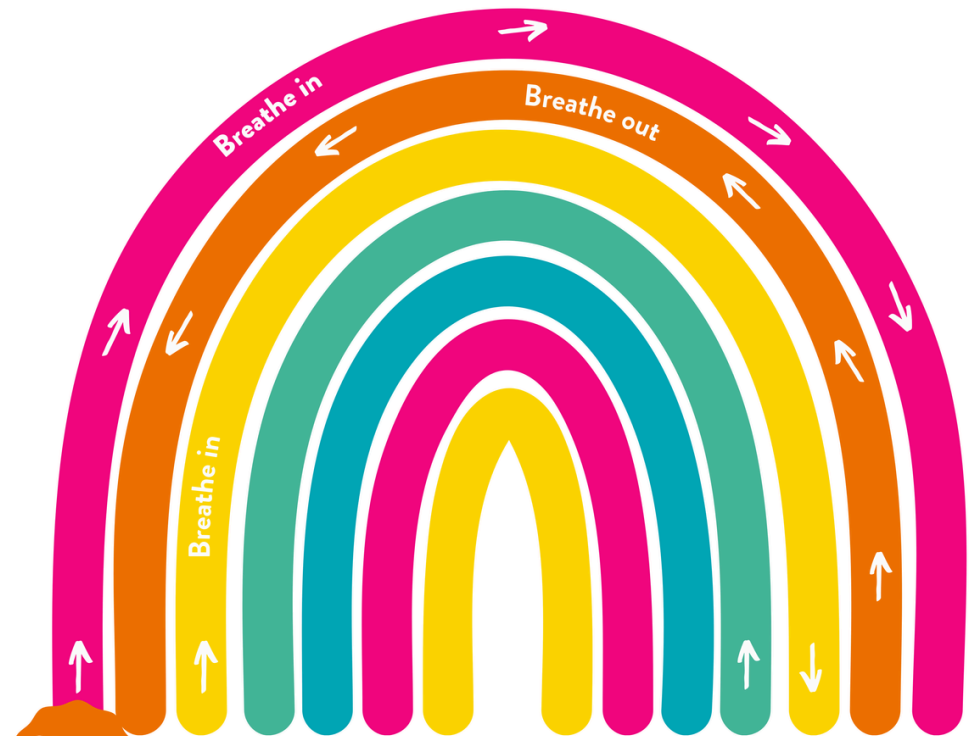
TAKE A 5 FINGER BREATHING BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

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TAKE A RAINBOW BREATHING BRAIN BREAK



Place your finger at the bottom of the rainbow, on the left. As you trace your finger along the rainbow take a deep breath in through your nose, until you reach the end. When you reach the end begin to exhale through your mouth, as you trace the rainbow to the other side.

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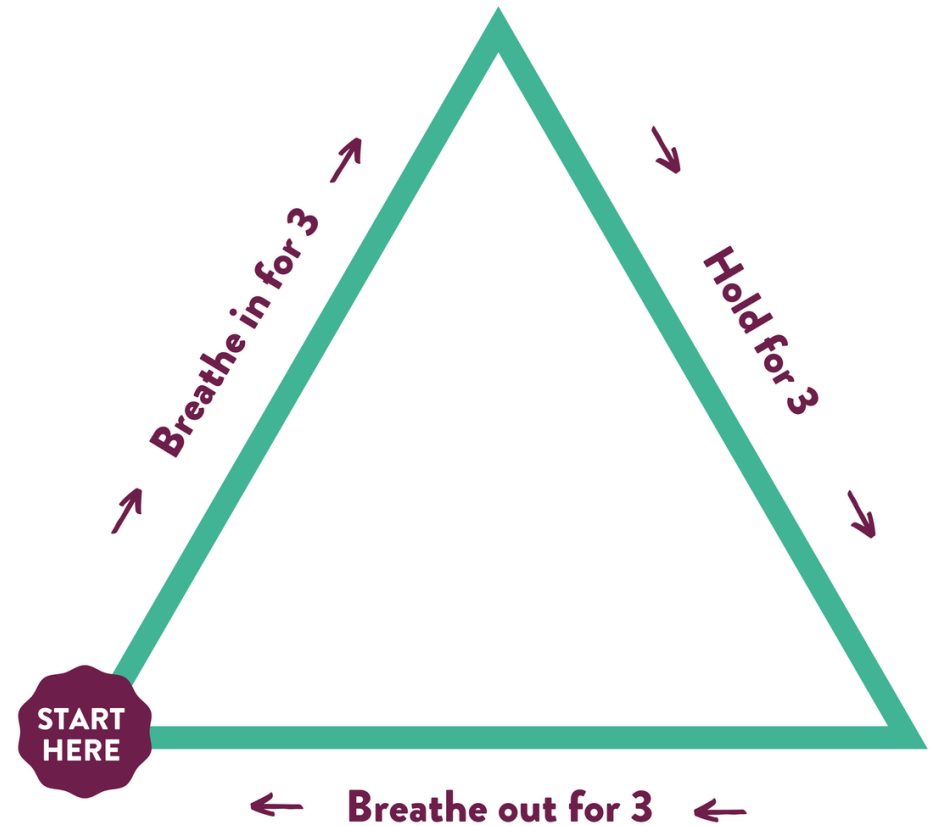
TAKE A
STAR BREATHING
BRAIN BREAK



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

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TAKE A
TRIANGLE BREATHING
BRAIN BREAK



Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat until you are feeling calmer.

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