

Breathing Exercises

Good breathing aids relaxation, increased emotional control and greater concentration. 7/11 breathing can be approached in a more creative way to focus the diaphragm on creating the calming effect. Here are some ideas.

Icy windows

Imagine you are blowing on a cold window. Taking a deep breath, open your mouth and breathe out very slowly and steadily. Can you see how misty the window is?

Repeat this exercise two or three times.



Enormous sighs

Taking a deep breath, and now let out a big sigh as you let the air out. See how noisy you can make your sigh. See who can make the noisiest sigh.

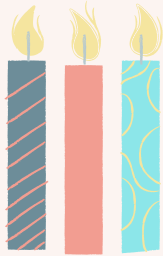
Repeat this exercise two or three times.



Birthday candles

Imagine you are blowing out candles on your birthday cake. Take in a deep breath and blow out the candles with little short breaths – one breath for each candle. See if you noticed the muscles just above your tummy moving as your blow out.

Repeat this exercise two or three times.



Doggy sniffs

Imagine if you are a dog sniffing. Sniff four times as you breathe in. Breathe out slowly.

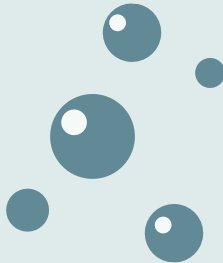
Repeat this exercise two or three times.



Bubble breath

Imagine you are blowing bubbles of peace or happiness or love into the room. Taking a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. As you blow out the bubbles, imagine they are filled with peace and the whole room is filling up with peace. Do you feel peaceful? Now try blowing bubbles of happiness into the room. Imagine the whole room filling up with happiness. Do you feel happy?

Repeat this exercise two or three times.



Squeeze and relax

Take in a deep breath, and as you breathe in, squeeze all the muscles in your body. Now breathe out and relax all the muscles in your body.

(Good for lying down)

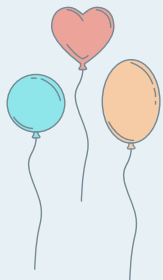
Repeat this exercise two or three times.



Balloon blowing

Imagine you are blowing up a balloon. Take in a deep breath, and steadily and slowly blow up your huge balloon. See the balloon getting bigger and bigger and bigger. Now close your eyes and imagine the balloon floating into the air. As you stand there, feel yourself becoming very quiet and peaceful. (blow up the balloon, fill it with cross thoughts, put it on the floor and stamp on it.)

Repeat this exercise two or three times.



Motorbike breaths

Take in a breath, as you breathe out, put your lips together and hum. See if you can make your lips tickle. Now see if you can move the hum to your nose and make a funny humming noise in your nose. Now see if you can bring the hum into your head – lift your eyebrows and keep humming.

Repeat this exercise two or three times.

