



Mindful Me

Balloon Breathing

twinkl

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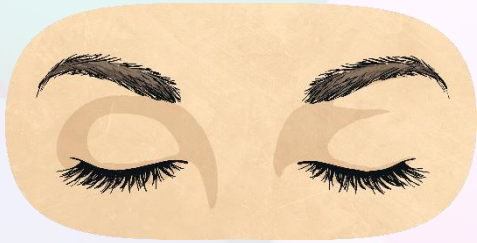
Balloon Breathing is a quick and easy mindfulness technique.

It can help you calm your mind, relax and focus your attention to whatever it is you're doing right now...and enjoy the moment!

This is a great technique to build into your everyday life to connect with your breathing, your mind and your body...and you'll feel great afterwards!



Balloon Breathing



Sit or stand comfortably and close your eyes.

Imagine you have a balloon in your stomach. When you breathe in, imagine you are blowing the balloon up slowly.

Then, hold your breath for a few seconds then slowly breathe out and imagine the balloon is going down.

Repeat until you feel calm and you are able to think more clearly.



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