

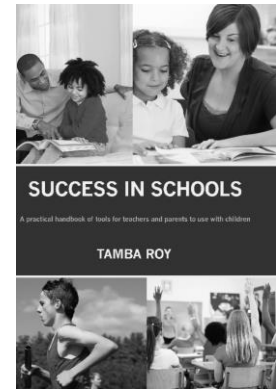
# Brilliant Breathing – Summary

## Helping ourselves to feel better by deep breathing.

1. Place one hand on your stomach.
2. Breathe out completely.
3. Slowly breathe in through your nose.
4. Breathe so that your hand moves and you notice your breath.
5. Stop for a second, and then let all the air flow smoothly and slowly out through your nose or mouth.

*You don't need to take in any extra breath to do this. Simply take normal breaths, but allow them to go all the way to your stomach.*

6. Choose a colour that relaxes you and let this colour fill you with every breath you inhale.
7. Then, if you have a particular worry, imagine you are breathing it out every time you exhale.
8. So the pattern is – deep relaxed breathing, *breathe in* the calm colour and then *breathe out* the tension.



### RELATED ACTIVITIES AT HOME

1. **Share Brilliant Breathing at bedtime to help your child sleep.**
2. **Enjoy experiencing Brilliant Breathing with your child, and talk about how you both felt. Share times when it might be useful to be able to relax and feel calm.**
3. **If you know of friends or family members who will positively participate, let your child teach them Brilliant Breathing.**