



# SQUEEZE AND BREATHE



## THE SQUEEZE:

**GOOD FOR:** Releasing muscle tension, getting the blood flowing and boosting concentration.

**YOU CAN DO IT:** Sitting down or standing up

**WATCH IT:** If you have got any strains, injuries, or physical disabilities. You know your limits.

### HOW TO:

Repeat each one 3 times

1. Scrunch your toes tightly for a second then relax.
2. Bend your feet up so your toes leave the ground then relax.
3. Push down on the floor with your feet so your calves tense up then relax.
4. Tense your thighs then relax.
5. Clench your bum cheeks together then relax.
6. Tense your tummy muscles then relax.
7. Squeeze your arms into your sides then relax.
8. Hunch your shoulders then relax.
9. Clench your fists then relax.



Now open your eyes and give yourself a little shake off!

## THE BREATHE:

**GOOD FOR:** Dealing with emotions

**WHERE CAN YOU DO IT:** Anywhere!

### **NOW HAVE A GO!**

Breathe in through your nose, slowly counting 1,2,3 in your head

Breathe out through your mouth slowly counting 1,2,3 in your head

If you do this right, your tummy will inflate (Get bigger) when you breathe in and deflate (Go smaller) when you breathe out.

Practice is the key for it to work!

