

# SQUEEZE AND BREATHE



## The Squeeze

**GOOD FOR:** Your concentration and relaxing your muscles!

**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!

**Remember to do this daily for the best results.**

## The Breathe

**GOOD FOR:** Dealing with any kind of emotions like anger, worry, fear, embarrassment. By doing this easy-peasy exercise it will give you time to stop and think about what you are feeling and help to settle you down and cope more easily. When you start to feel any of these emotions, it can help to have words yourself in your head, then this will help you recognise that you need some space and you can put your breathing exercise into practice.

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

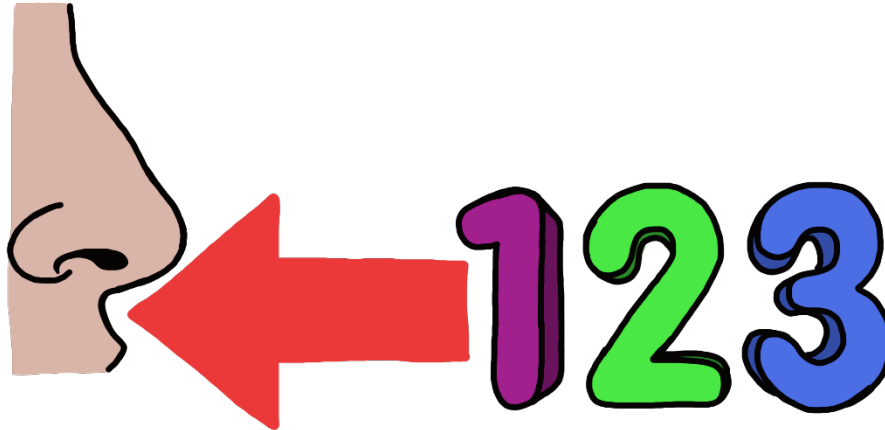


**NOW HAVE A GO!**

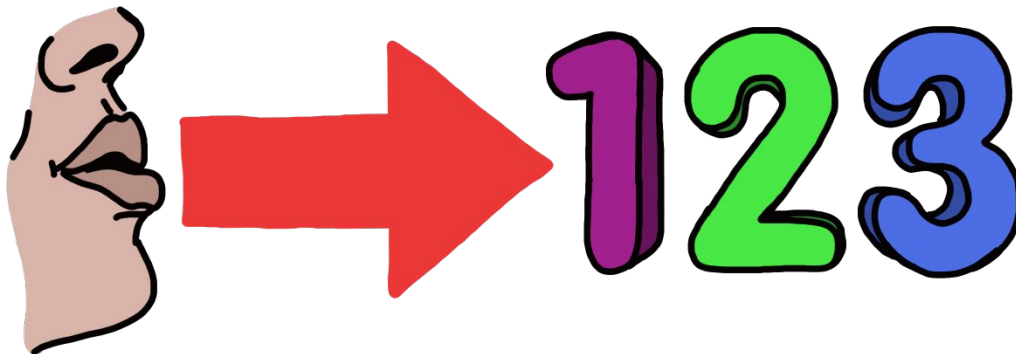
To start, it might be best doing it on your own, somewhere quiet.

Lay on the floor or on your bed and maybe put something on your tummy, a teddy, toy, small cushion. If you do this right, your tummy will inflate (Get bigger) when you breathe in and deflate (Go smaller) when you breath out.

So, let's 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 repeat this for 3 or 4 times.



Take notice of what your tummy was doing when you breathe in and out.

If you practice this every day on your own at first morning and night, eventually you will be able to do this anywhere, anytime you are feeling difficult emotions.

**Remember though, it is important to PRACTICE, PRACTICE, PRACTICE!**