

10 of Our Favourite Ways to Practise Calm, Deep Breathing



1. Volcano Breathing

Press your hands flat together in front of your heart. Inhale, then take your hands up to the centre of your body until your arms are up above your head with your palms still touching. Exhale slowly, bringing your arms out to the side and down as if you are releasing the lava from the volcano.

2. Five Finger Breathing

Hold one hand up in front of you. As you inhale, trace up the outside of your thumb with the pointer finger of your other hand and as you exhale, trace down the inside of your thumb. Continue doing this for each finger.

3. Hot Chocolate Breathing

Hold your hands out in front of you as if you are holding a cup of hot chocolate. With each inhale, imagine you are breathing in the aroma of the hot chocolate, then blow out gently to cool down your drink.

4. Bear Hug Breathing

Wrap your arms around your body and give yourself a hug. Now take deep breaths.

5. Superhero Breathing

Stand or sit like a super hero with closed hands on your waist and your chest lifted. Inhale, then on your exhale raise one arm out and up in front of you as if you are flying like Superman.

6. Hands on Heart Breathing

Place both hands over your heart. Inhale and exhale in this position.

7. Raincloud Breathing

Inhale and bring your arms up to the sky. Exhale with a shhhhh sound, lowering your arms down in front of you and wiggling your fingers like rain.

8. Rainbow Breathing

Inhale and bring your arms up, bending them over your head to make the shape of a rainbow. Exhale and bring your arms down, tracing the shape of a rainbow in the air.

9. Crocodile Breathing

Put your arms out straight in front of you with your palms together. Inhale and open your arms like a crocodile's mouth. Exhale and close them with a snap.

10. Butterfly Breathing

Clasp your hands together under your chin with your forearms and elbows as close together as possible. With each inhale, keep your hands clasped and lift your elbows until they are a bit above your shoulders. With each exhale, bring your elbows back down to touch.