



HERE

“LEVEL-UP” BREATHING

HOW THIS HELPS SUPPORT YOU

Using gaming language to engage your child and/or teen with their knowledge on how breath practices can be helpful for their ability to calm themselves in moments of stress or overwhelm from being online.

Using the breath is our powerful “levelling-up” tool which you can select at any moment you need to feel more relaxed in your body and clearer in your mind.

Say, “Let’s level up!” and take a deep breath to recharge.

“This breathing exercise is like pressing a **POWER BOOST BUTTON** for your mind and body, helping you feel more focused, calm, and ready to take on anything.”

LEVEL
↑UP↑





HERE

“LEVEL-UP” BREATHING

YOUR MISSION: LEVEL-UP AND ACTIVATE YOUR INNER POWER WITH DEEP BELLY BREATHING.

1. Take a **DEEP BREATH IN** through your nose, filling your belly with air like you're drawing in powerful energy into your whole body.
2. As you **BREATHE OUT**, imagine pushing out all the tension and stress from your body.
3. **REPEAT THIS FOR 5 ROUNDS** of breaths, charging up your body and mind to feel stronger and calmer with each breath in and out! (Levelling up!)

LEVEL
↑UP↑

