

## BREATHING EXERCISE

### "strong, courageous heart"



Get cosy in your seat or on the floor and rest your eyes. Place one hand on your heart, and the other hand on top. Inhale, and breathe strength and courage into your heart, then slowly release. Exhale gently out of the mouth. Inhale strength and courage, sending these thoughts to your heart too... Feel the heart open and visualise strong, courageous energy filling it up. Exhale slowly. Repeat this breathing as many times as you need.

[HERE](#)

## VISUALISATION: "LET'S SCORE A GOAL!"



Sit with your child/children in a comfortable position with your hands resting on your laps. Recite the following slowly with nice pauses: "Let's close our eyes or, focus on a specific point in the room. Imagine you're on the football pitch... What do you see? Are there fans there? Players? What colours do you see? What do you hear? What does the air smell like? Now visualise yourself on the field with the football at your feet! Take deep, calming breaths as you imagine dribbling the ball towards the goal! As you get closer to the goal, take a deep breath in as you imagine kicking the ball, and scoring a goal! Now exhale deeply, releasing any tension. Let's enjoy the goal for a moment, sitting quietly, and breathing gently. Now slowly open the eyes." (Discussion)

[HERE](#)



# breathing exercise for calm



## “SILENT WHISTLE BREATH”

Stand, or sit up tall, take a slow deep breath into your nose for two seconds, and imagine you are going to blow out of a whistle, purse your lips and even bring your imaginary whistle to your mouth, then slowly breathe out of your mouth for around 4 seconds. Repeat this a few times to slow down the heart rate and feel nice and calm.

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We are honoured to partner with the Chelsea Foundation for this family mindfulness event. Thank you for welcoming us into your space!

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We offer yoga and mindfulness support for families, children and the providers who support them.

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