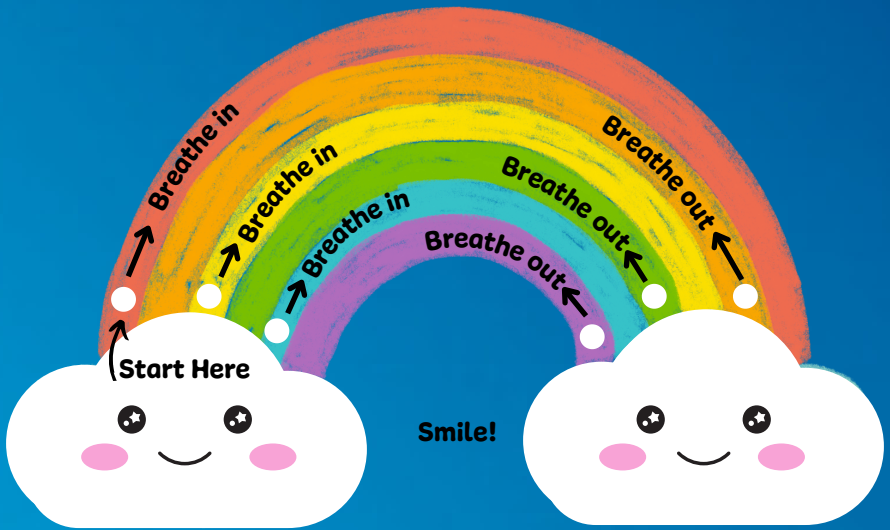


Rainbow Breathing

The aim of this exercise is to slow down the breathing and aid in self regulation.



Instructions

Sit Comfortably. Place your finger on the white dot on the red semi circle. Take a slow, deep breath in as you trace the colour to the other side of the rainbow. Pause. Then breathe out as you trace the next colour all the way back to the other side. Continue with all the colours. Repeat as many times as necessary, when you are ready to finish remember to smile!

