



Drawing Your Breath

Get a piece of paper and your felt-tips.

Put your pen or pencil onto the paper and close your eyes.

Think of your breath as a line and draw it onto the paper with your eyes closed.

Try this:

Play with the lines, let your hand and breath lead you.

Change the colour of your pen, close your eyes and do it again.

You can keep doing this on the same paper OR start a new one.

Top tip:

Try this when you are feeling worried or upset – does it help calm you?



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