The image features several black silhouettes of dandelion seed heads scattered across a light blue background. The seed heads are in various stages of dispersal, with some showing the full, fluffy structure and others showing the seed head and stem. The text 'Mindful Breathing' is centered in the middle of the image, overlaid on the silhouettes.

# Mindful Breathing

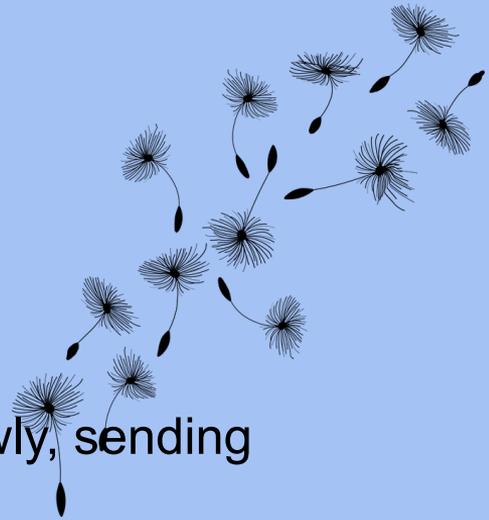
# What is Mindful Breathing?

Mindful breathing is a technique that can help to improve focus by calming down our bodies and our minds. Additionally, this technique can help with the development of self-regulation skills which are useful throughout our lives.

When we are anxious, emotional, angry or stressed, our bodies react by going into fight, flight or freeze. While this response is helpful when we are in danger, many people also experience this reaction when they are worried, having trouble with peers or get in trouble. During these situations, our thoughts tend to race as our minds jump from thought to thought. By focusing on your breathing, your heartbeat will slow down and your blood pressure will decrease, which will help you feel more calm, focused and in control.

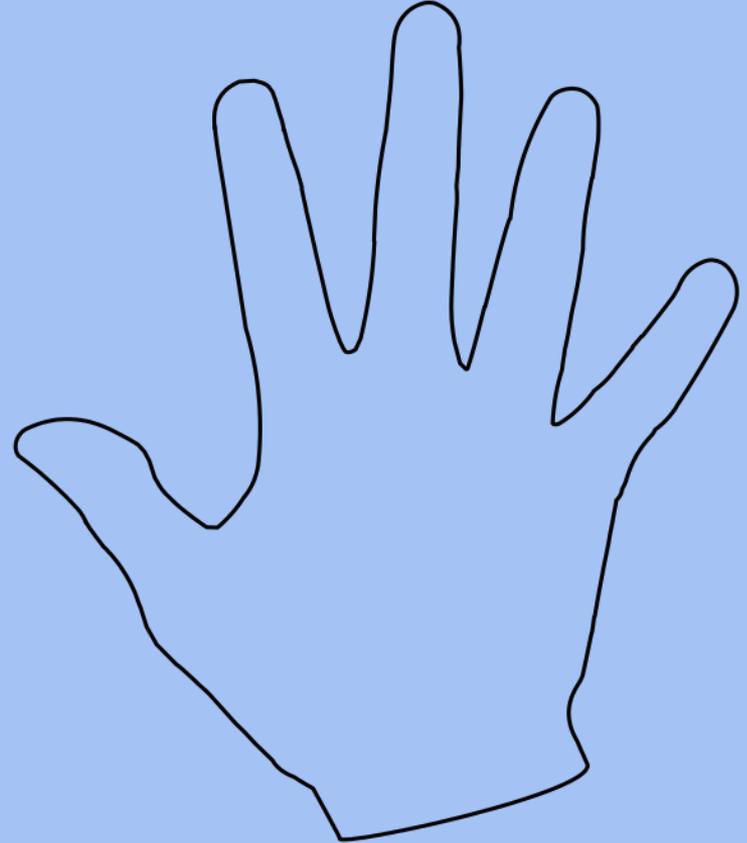
# Dandelion Breathing

- Imagine a dandelion flower
- Take a deep breath in and then blow the air out slowly, sending the seeds into the air
- Repeat 3 times



# Five Finger Breathing

- Open the palm of one hand wide.
- With the pointer finger of the opposite hand, slowly trace your fingers while breathing.
- Trace up the side of your thumb- 1, 2, 3.
- Trace down the other side of your thumb- 1, 2, 3.
- Repeat for remaining 4 fingers.



# Bubble Breathing



- Imagine you are blowing bubbles
- Repeat this 10 times

# Cooling Off The Pizza

- Imagine there is a hot slice of pizza in front of you.
- Slowly blow on the pizza to help cool it off.
- Do this 10 times.

