



BUTTERFLY BREATHING

*I flutter so quickly,
then back down I slow,
breathing in time with
my wings like a pro!*

PURPOSE

- Improves your breath awareness and breath control. Just like a butterfly can control how quickly it flutters its wings, you can control your breath anytime you need...
 - If your heart is racing, use Butterfly Breathing to start with fast breathing and progress to slow, deep breathing, to help calm your heart rate and mind.
 - Or use fast Butterfly Breathing when you need to energise your body and mind.



INSTRUCTIONS

1. Sit up tall on the floor, with your feet together and knees out to each side like butterfly wings
2. Lift your wings, as you breathe in through your nose
3. Then lower your wings, as you breath out through your mouth
4. Practise speeding up your wings and breath, and then slowing them right down



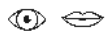
WATCH FOR

- Breathing in time with your 'wings'
- Breathing in through your nose and out through your mouth
- Back straight, and shoulders down and relaxed



MODIFICATIONS

- Seated: Do Butterfly Breathing in your chair, using your arms as butterfly wings.



MAKE IT MULTI-SENSORY

- Imagine fluttering around the garden quickly... and then slowly...



FUN AND GAMES

Which other things can you think of that have the ability to move quickly sometimes and slowly at other times? Draw them below.

