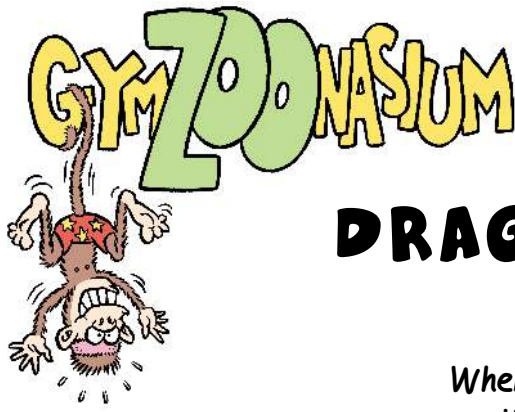




DRAGON BREATH

*When dragon's feeling small
it snuggles in its lair,
then starts feeling braver
by blowing out hot air.*

PURPOSE

- Builds strength in your breath
- Helps us feel stronger and more powerful
- Use Dragon Breath when you are feeling small, needing extra confidence, or finding it difficult to speak up



INSTRUCTIONS

1. Sit up tall with your bottom on your knees
2. Breathe in through your nose
3. Breathe a strong breath out through your mouth, like a dragon breathing out fire
4. With each breath try to breathe your dragon fire out a bit further



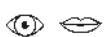
WATCH FOR

- Breathing in through your nose and out through your mouth
- Shoulders kept down and back



MORE CHALLENGING

- Make each dragon breath longer and more powerful



MAKE IT MULTI-SENSORY

- With each breath, feel yourself getting stronger and more confident, like a powerful dragon!





FUN AND GAMES

Think of a time when you were feeling small, and stepped up to be strong, brave and confident like a dragon. Write and draw about this experience below.

