



PUFFERFISH PUFF

*Pufferfish puffs its belly
like a colourful balloon,
then breathes out all its worries
under the light of the moon.*

PURPOSE

- Helps us feel less stress and anxious
- Helps us feel calm and relaxed

INSTRUCTIONS

1. Sit up tall, with your hands gently resting on your belly
2. Take a deep breath in through your nose. Breathe the air all the way down into your belly, to puff your belly out like a balloon.
3. Breathe the air back out from your belly and out through your mouth. (As you do this, let your belly lower back in).

WATCH FOR

- Your belly getting bigger as you breathe in, and smaller as you breathe out

MODIFICATIONS

Do Pufferfish Puff lying down on your back:

1. Lie on your back, with your hands gently resting on your belly
2. Take a deep breath in through your nose. Breathe the air all the way down into your belly, to puff your belly up like a balloon.
3. Breathe the air back out from your belly and out through your mouth. (As you do this, let your belly lower back down).



MAKE IT MULTI-SENSORY

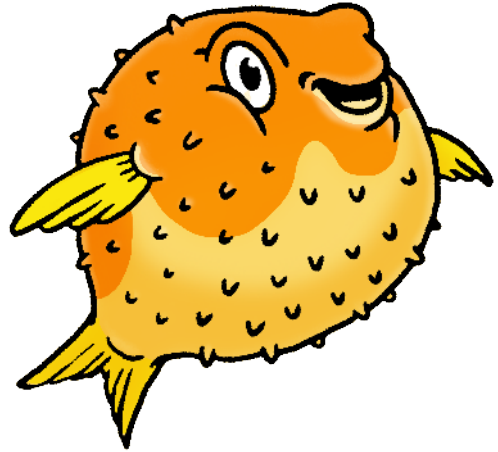
- Feel the refreshing ocean water on your pufferfish belly.
- In the ocean, under the water, the world is calm and silent. Breathe in this peaceful serenity while you do the Pufferfish Puff.



FUN AND GAMES

Practise blowing up a balloon.
See it get bigger and bigger as it fills with air.
Then let it go and watch what happens!

Create a fun game you could play with balloons.
Write or draw your game below.



Enjoy playing your balloon game with your friends or family!