



Wellbeing

Theme: Breathing Techniques

Summer 1 Week 2

Activity One

During these difficult and very testing times, it is all too easy for our anxiety to overwhelm us. Small things might annoy us more than usual. Having to be confined in a small space with family members can be hard on our nerves. Sometimes we need to find a way to calm ourselves and take back some control over our emotions, feelings and actions. This is often easier said than done but the link below can help. It only takes a minute to do and is all about using breathing techniques to calm and quiet those anxieties. It's something that the whole family can do and once you have practiced with the video you will soon be able to use the technique whenever you need to during your day.

https://www.youtube.com/results?search_query=calm+breathing+bubble