Mindful Breathing with Teddy

This is a special activity that you can do at home with your favourite teddy or other soft toy. You will need to find a comfortable space to lie down. It could be your bed, the sofa or the floor.

- 1. Lie down on your back and relax. Make sure you are comfortable and have enough room.
- 2. Concentrate on your breathing in and out noticing the flow and rhythm.
- 3. Place your teddy or soft toy on your tummy.
- 4. Now, continue to focus on your breathing whilst watching your teddy move on your tummy.
- 5. Notice how you can breathe right down into your tummy, to make your soft toy rise as you breathe in and fall as you breathe out.
- 6. Imagine you are helping your teddy to relax, so make the breathing gentle and smooth not jagged and bumpy.
- 7. Once you have watched teddy rise and fall, try closing your eyes and really focusing on breathing into your tummy slowly and gently in, then slowly and gently out.
- 8. When you are ready, gently open your eyes and slowly sit up. You and your teddy should be feeling a lot more relaxed.



