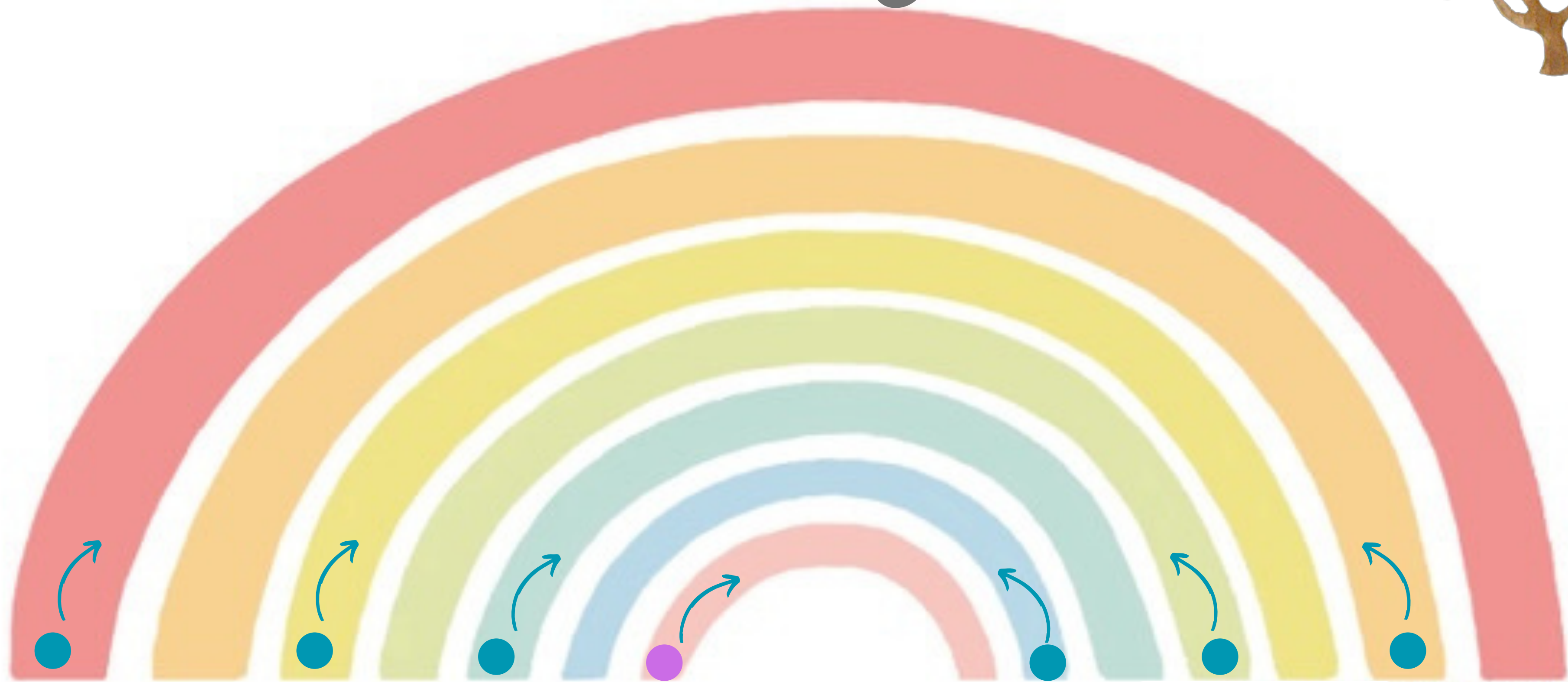
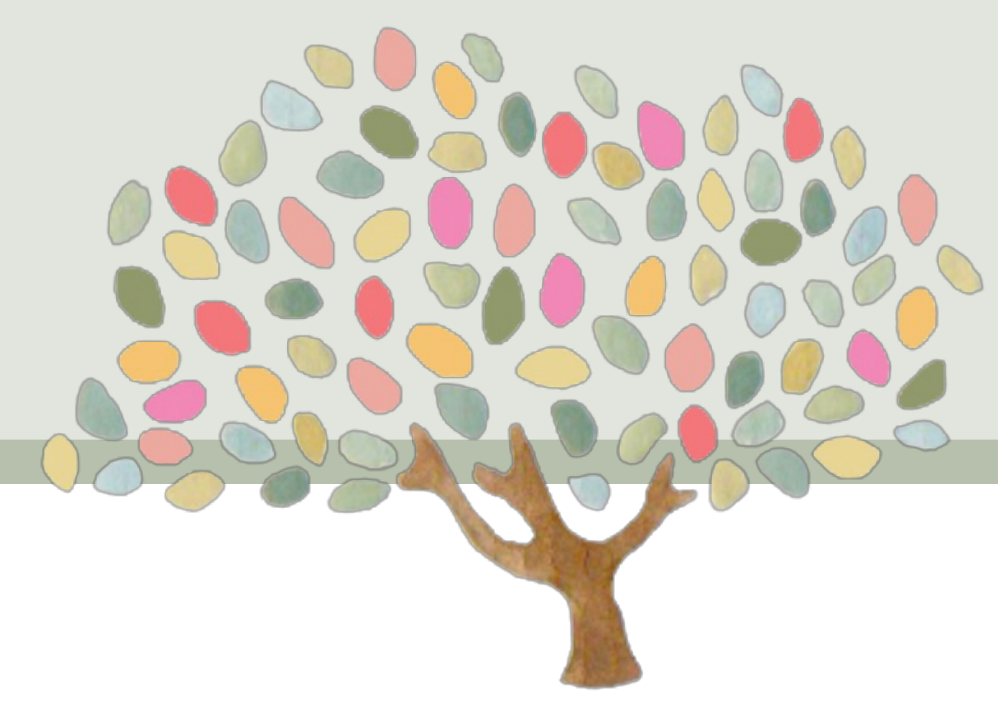


Rainbow breathing



Using the rainbow to anchor our breathing can help our **out breaths** to become longer than our **in breaths**. This sort of breathing can help our bodies begin to calm quicker.

1. Place your finger on the purple dot & follow the arrow as you breathe slowly in.
2. Move your finger to the next dot & follow the arrow as you breathe slowly out.
3. Continue to move along the colours of the rainbow as you breathe in & out.
4. When you reach the end let all of your breath out as slowly as you can.