

THE BREATHING BOOK

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Welcome to *The Breathing Book*!

When you learn to understand and use your breath, it can do amazing things! It can reset your body when it feels stressed or out of control. It can help you focus your thoughts. It can help you relax.

Your breath is always with you. Take a moment and see how your breath feels right now.

This book will help you get to know your breath better and learn how to use it to feel happier and healthier.

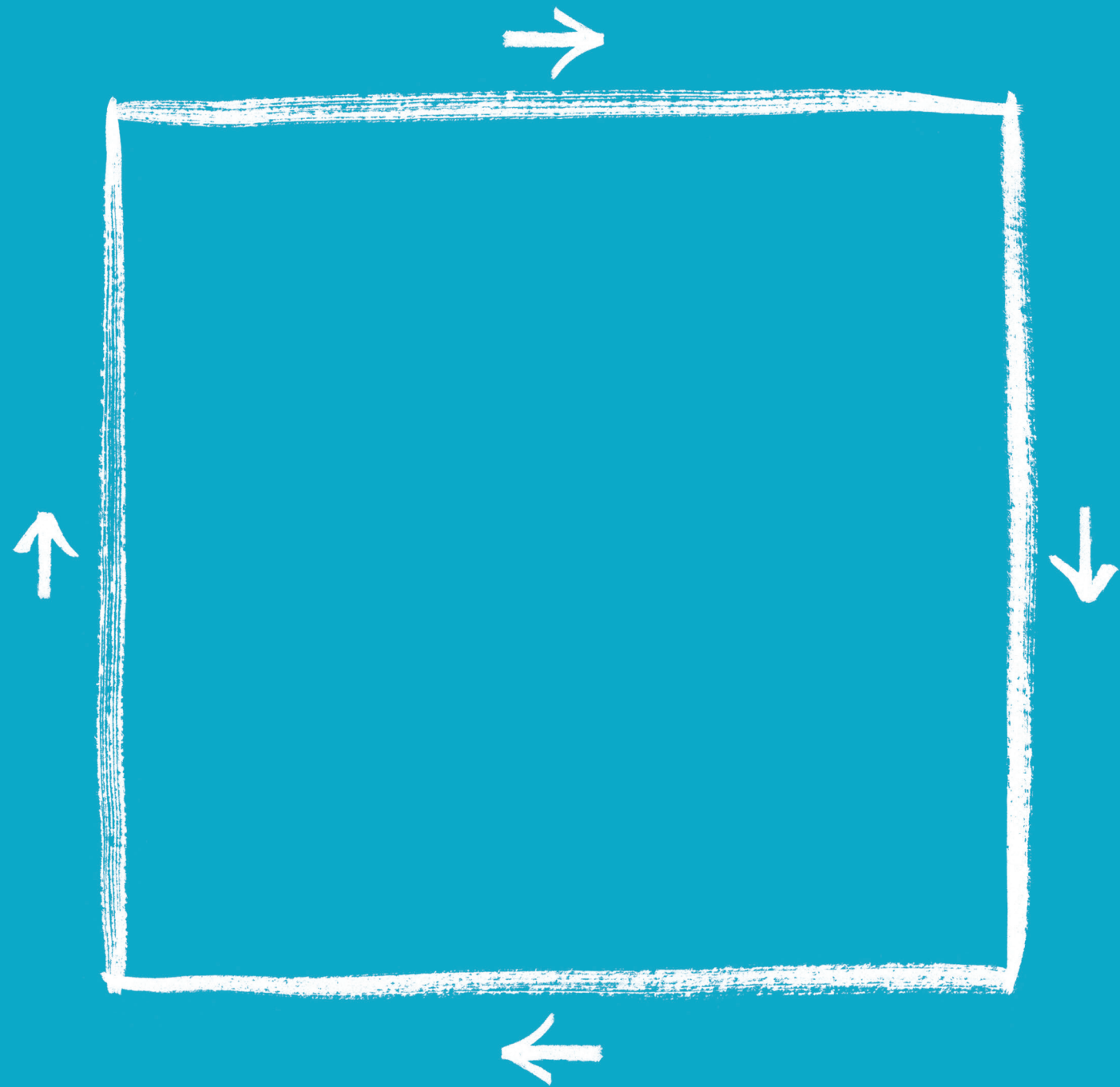




Start by sitting comfortably.
Hold the book gently in your lap.

How does it feel?
Warm or cold?
Smooth or rough?
Light or heavy?

Run your fingers over the cover. Feel the edges
and corners of your book. Listen to the sounds
as you carefully turn the pages.



Look, a square!

You can begin to practice breathing with this.

Trace your finger along one side of the square while you breathe in, counting in your head *one, two, three, four*. Then trace your finger along the next side while holding your breath and counting in your head *one, two, three, four*. Now trace your finger along the next side while breathing out for four counts. Then trace the last side while holding your breath for four counts.

How do you feel after tracing the square?

How about after tracing the square four times?