

Hot Chocolate Breathing

1. Imagine you're holding a cup of hot chocolate in your hands
2. Breathe in through your nose - pretend you are enjoying the smell of the yummy chocolate and marshmallows
3. Breathe out slowly - pretend it's too hot! And you are gently blowing the top to cool it down
4. Feel your breath against your hands as you breathe out

Is your hot chocolate still too hot to drink? Are you still feeling a little anxious?

Gently blow on your hot chocolate again, repeat until you're feeling lovely and calm.

