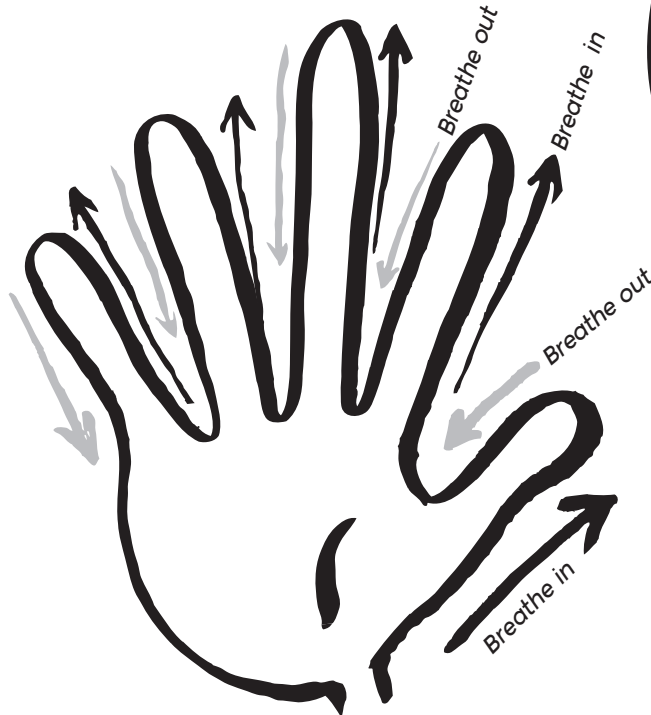
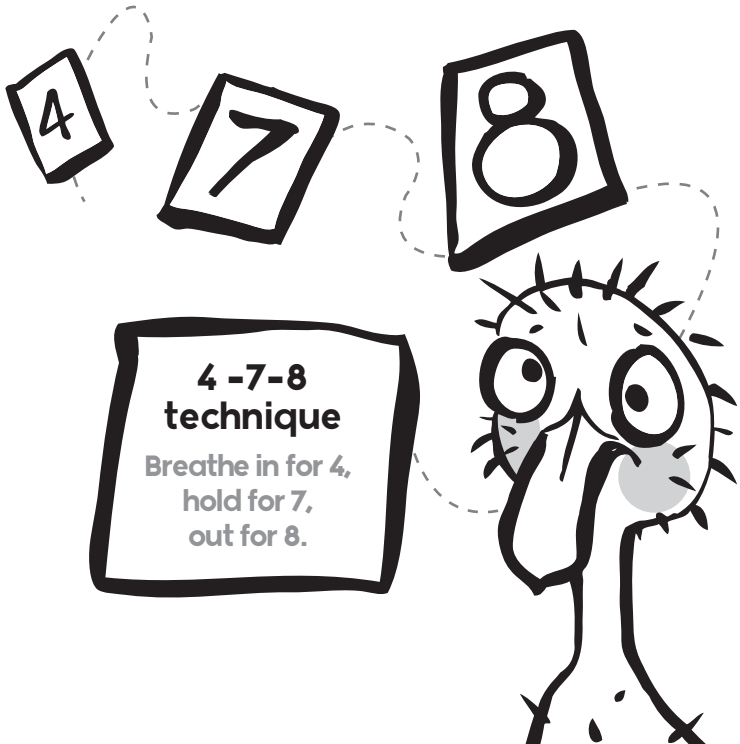


Breathing in to the now

As the duckling transforms from duckling to swan, he faces some incredibly difficult times along the way. In one part of the story it says:

"it would be too sad to tell of all the hardships and wretchedness he has to endure during the cruel winter..."

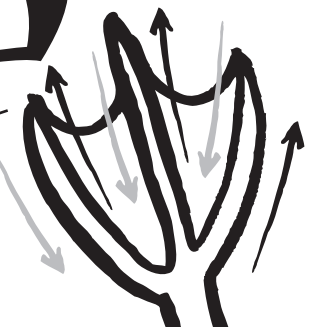
Sometimes it is too difficult to put into words when things are really tough for us. We can use breathing techniques to help us to stay calm in the moment - breathing sends a message to our brain to calm down.



5 Finger breathing
Trace round your hand with your finger, breathing in as you go up one side of your finger and out when you trace the other side.

Little duckling will have to do 3 Toe breathing!

Balloon breathing
Pretend you are being blown up like a balloon. Breathe in as you are 'blown up', and when you reach a point of being full, pretend the end of the balloon is let go and you deflate - allow your body to follow.



Breathing in to the now

Follow the rainbow with your finger as you breathe in and out. You can colour this picture in, which can also be a useful activity to calm down our brain.

