



## Leaf breathing



Start on the bottom of the leaf, inhale and trace up the left side with your finger. Exhale as you move to the next point of the leaf.

Work your way around the leaf, until you reach the bottom .



*You can draw your own leaves, use the image sent or go collect some leaves from the playground.*

*To really embrace the use of leaves, ask the children to lay down and place the leaf on their belly. Can they watch this rise and fall with each breath.*

*Slow breaths.*