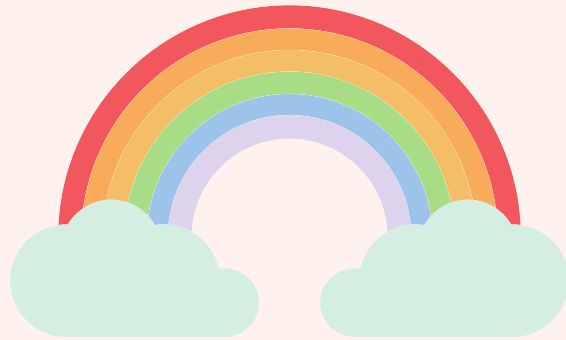


Rainbow Breathing



Place your finger at the bottom of the rainbow.

Breathe in through your nose and trace the red until you reach the top, then begin to exhale until you reach the bottom.

Repeat with all the colours.





You can ask the young people to draw a rainbow, they can use this as their guide for the breathing technique. Be as creative as you like, they can even make one out of anything you have available to you or one as a group.

Having the rainbow in front can help them use this as a guide.

Older children may like to close their eyes and imagine a rainbow.

You can ask make the activity longer by asking them to think about what they see for each colour, (red- apples, yellow, the sun).

Go noodle rainbow breathing link (for younger ones)
<https://youtu.be/O29e4rRMrV4>