

BEAR BREATH

Look at Go Noodle Bear breath and have a go at breathing deeply and gently.

<https://www.youtube.com/watch?v=9p2c6J9exv0>

Bears breathe slowly when they are awake and even slower when they are hibernating. Are you ready to relax with bear?

1. **SIT DOWN** somewhere cosy and close your eyes.

2. **BREATHE IN** (inhale) through your nose gently.

3. **PAUSE** for 1, 2, 3.

4. **BREATHE OUT** (exhale) for 1, 2, 3.

5. Can you count 10 breaths?

How did Bear breaths make you feel?

Can you think of other ways to calm down and relax?



Bear breath