

Animal breathing for Kids



Lion

Go to the floor on all fours.

Take a deep breath through your nose.

Open your mouth as big as you can.

Stick your tongue out and open your eyes wide and ROAR!

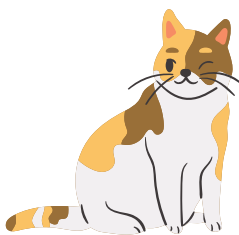


Bee

Breathe in.

Breathe out with your mouth closed, while you HUM like a bee.

Repeat this breathing sequence for a few minutes.

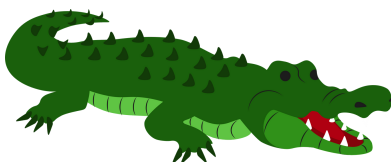


Cat

Kneel on all fours.

Breathe in as you lift your chin and tilt your head back.

Breathe out while you slowly raise your back towards the ceiling and you lower your head.



Crocodile

Lie on your tummy.

Fold your arms above your shoulders and rest your head on them.

Breathe in and out and relax.