Christmas
Tree
Mindful
Breathing

Breathing can help us to improve our mood and feel better. Breathing slows down our heart rate, reduces BIG feelings, and can help us to calm down.

Christmas Tree breathing is a fun way to practise deep breathing. Start on the star, follow the instructions to breathe in slowly then hold your breath and count to 3 before breathing out slowly. Repeat this until you have completed the whole Christmas Tree. You can repeat the Christmas Tree until you feel calm and ready.



