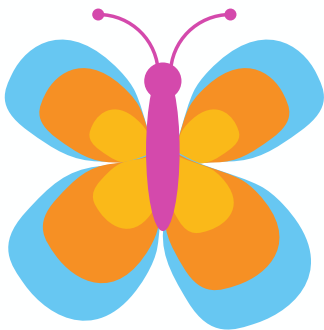




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BUTTERFLY BREATHS

MINDFULNESS ACTIVITY

Imagine you are a butterfly and
your arms are your wings.

What colour are your wings?

As you slowly inhale, lift your arms
towards the sky.

As you slowly exhale, bring your
arms gently back to your sides.

Repeat and notice how gentle
butterfly breathing makes you feel.