



# HOT CHOCOLATE BREATHING

MINDFULNESS ACTIVITY



- Rub your hands together really fast - notice how they warm up.
- Cup your hands like you are holding a warm mug of hot chocolate.
- Close your eyes and breathe in through your nose to smell the hot chocolate.
- Bring your hands close to your mouth and breathe out through your mouth to cool it down, just in case it's still too warm to sip! Repeat this playful breathing sequence a few times and notice how you feel after taking some nice, deep breaths.