

The Story Animals

Sapphire's Yarn

Snake breathing

When we don't feel good, it can help a lot to stop and take some deep breaths. It calms our body and mind, and helps us think clearly.

Follow along with your finger on the picture below...breathe in...breathe out. Your tummy will rise...and fall. Try to keep your shoulders down and relaxed. Maybe put Sapphire on your belly and see if you can make her move up and down with your breath.

