



Tippy says... put your hand on your heart and breathe

This is one of many helpful breathing exercises. Breathing exercises can help send the message to our brain that it can relax and does not need to worry right now.



Hold one hand on your heart and one hand on your tummy, and press gently. Take some slow breaths in and out until you feel more calm.

Most people find it more relaxing to put their right hand on their chest and their left hand on their belly, and some people find it more relaxing with their hands the other way round. Try both and see which is more relaxing for you.

It is best to start practicing this when you are feeling more relaxed, for example when you are lying in bed and starting to feel sleepy.

This can be used to help calm yourself whenever you are feeling stressed.

**This is a great exercise both for children and adults alike!
Why don't you give it a try together!**

Reference: Siegle, D J, (2010), Mindsight: The new science of personal transformation, New York : Bantam Books

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