

Rainbow breathing

- First **colour in the rainbow** below
- Start at the cloud and **use your finger to trace** the violet line
- **Breathe in very slowly** as your finger moves to the top of the rainbow arch
- Pause here and **hold your breath** for a couple of seconds
- **Breathe out slowly** and fully as your finger continues down to the other cloud
- **Repeat this gentle breathing** as you trace each colour of the rainbow

pause

breathe
in

breathe
out

