**Breathing Activity Script**

Let's relax right now. First, let your body relax a bit. Reach up, high above your head, stretching your arms... stretching your body very tall. Now let your arms relax. Place them at your sides, loosely.

Do the same thing again, but this time, breathe in as you reach up. Stretch.... and now breathe out as you relax and place your arms at your sides.

Just sit now, letting your arms rest at your sides. Close your eyes and relax.

See how your breathing can relax you by taking slow, deep breaths. Breathe in.... hold your breath.... and now breathe out, slowly. Breathe in.... and out.

Keep breathing deeply and slowly.

Place one hand on your chest and one hand on your stomach. Feel both of your hands moving up and out as you breathe in... and down as you breathe out. Feel your hands moving with your chest and stomach, gently moving in and out with each breath.

You can keep your hands there or rest them at your sides, but just keep noticing the calm, slow way you’re breathing.

Imagine that there is a candle in front of you. As you breathe out, blow the air out through your mouth very slowly. Imagine that you are blowing enough air to make the flame of the candle flicker, but not enough to blow it out. You will need to blow very softly.

When you breathe in, imagine that the flame of the candle flickers and leans toward you. As you breathe out, the flame flickers and leans away.

Imagine the flame of the candle moving in and out with each breath you take.

Just relax now for a moment, feeling your body relax. Your arms and legs are very loose and relaxed.

Now you can imagine that your body is like a balloon filling up as you breathe in, and emptying as you breathe out. Let your ribs expand out to the sides, like a balloon, expanding... and then let the air out, like a balloon that is emptying. The balloon expands.... and then the air goes out.

And now, see how slowly you can breathe out. First breathe in.... and now breathe out very slowly... out... out.... out. When you can't breathe out any more air, breathe in again, and then very slowly breathe out. Breathe in energy, breathe out calm. Breathe in energy, breathe out calm.

For the next few moments, just relax, resting. Enjoy this calm feeling.

Open your eyes. Stretch your muscles if you want to, and let your body wake up. When you are totally awake, you can get back to the rest of your day.