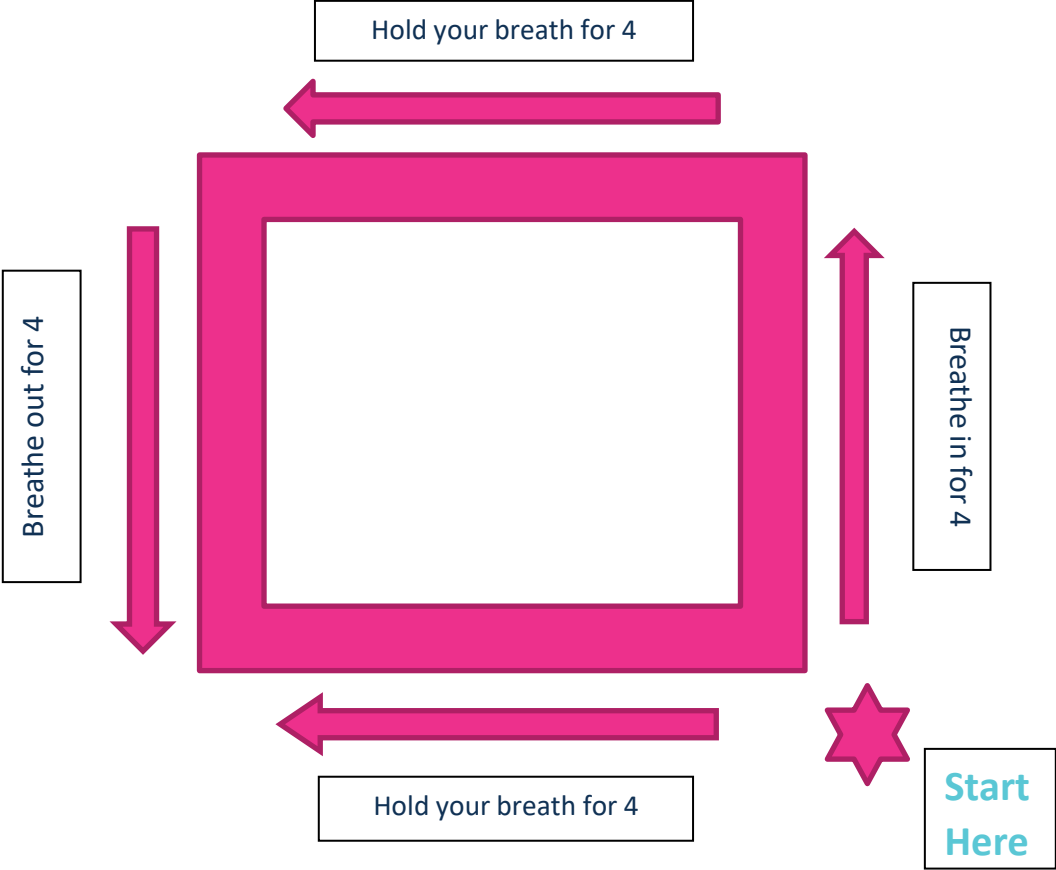




Psychology
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Resources

SQUARE BREATHING



SQUARE BREATHING

How to do it:

Go to 'start'.

Move your finger up the first side of the square, at the same time breathe in and count to four.

Move your finger along the second side of the square, at the same time hold your breath and count to four.



SQUARE BREATHING

Move your finger down the third side of the square, at the same time breathe out and count to four.

Move your finger along the final side of the square, at the same time hold your breath and count to four.

Well done! You've just done one cycle of deep breathing. Repeat as needed.

You can also do this by imaging the square and working your way around it in your mind, so this can be done in any situation and no-one needs to know you're doing it!





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