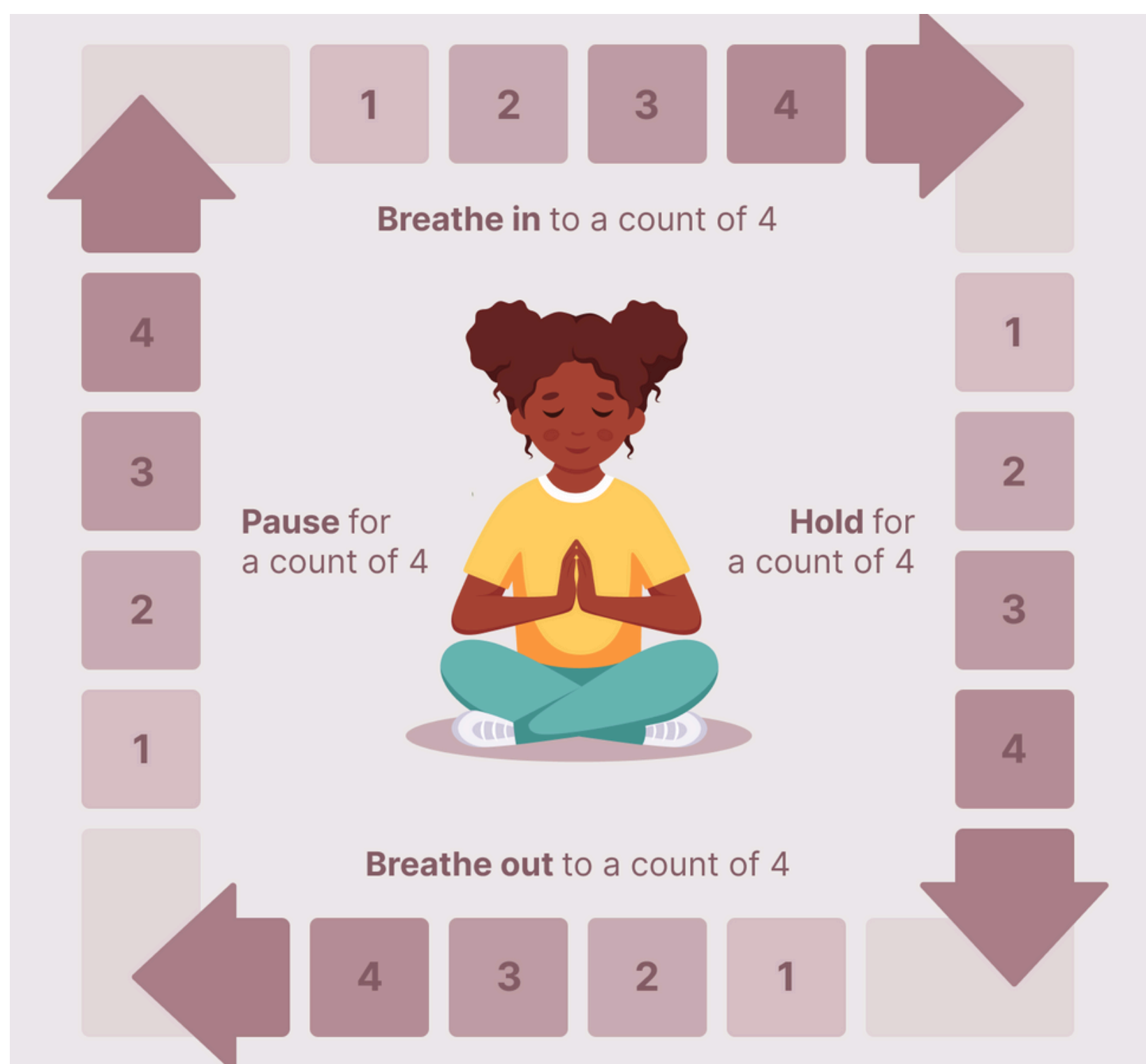


Squared breathing

- Pupils can be seated in a chair or if there is space you can sit down on the floor with your legs crossed and back straight
- Place your hands into a prayer position
- Close your eyes and focus on your breathing
- Picture a square shape in your head
- Breathe in to a count of 4 - this will form the top of the square
- Hold this breath for a count of 4 - this will form the right side of the square
- Breathe out to a count of 4 - this will form the bottom of the square
- Then pause for a count of 4 - this will form the left side of the square which completes it's shape
- Repeat until you have had 5 breath cycles



Chest
Heart &
Stroke