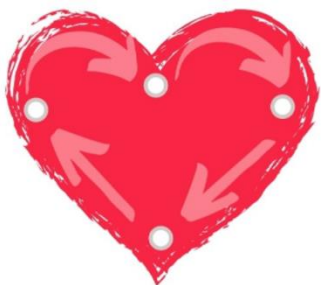


# MindUp Challenge

Feeling anxious, stressed and nervous is natural. We all feel this way at some points. I like to engage in mindful breathing which is a technique that teaches you to **slow down your breathing**. When anxiety hits, your breathing pattern will change. Often you will take short, fast, shallow breaths, which can even lead to hyperventilation. There are a variety of mindful breathing strategies that I like to do to calm myself down.

Miss Shah

This month your challenge is to learn these breathing techniques and teach your family members and friends them.



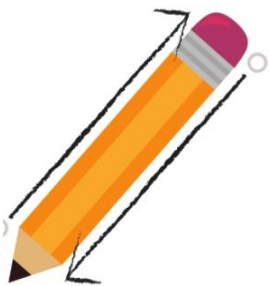
Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the arrow. Trace the next arrow and breathe out. Continue around the image several times.



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the color. Trace the next arrow and breathe out. Continue around the image several times.



Pretend your belly is a big balloon. Take a slow deep breath and imagine your belly blowing up and up like a balloon. Next, breathe out. Pull your belly towards your back and notice how your belly deflates, also like a balloon. Do five rounds of this rhythmic breathing.



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the arrow. Trace the next arrow and breathe out. Continue around the image several times.



- ★ Pretend you're a cute little bunny sniffing a delicious carrot.
- ★ Take three quick bunny inhales in through your little bunny nose. 1, 2, 3.
- ★ Then, let it all out in one long exhale through the mouth. Doesn't that feel good?
- ★ Sniff your carrot three times this way.