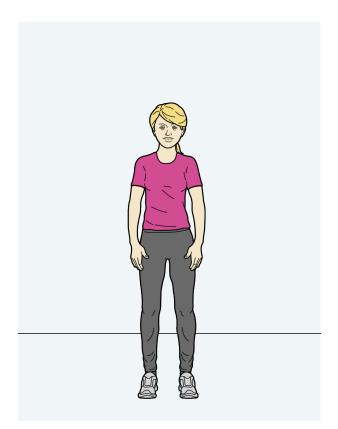
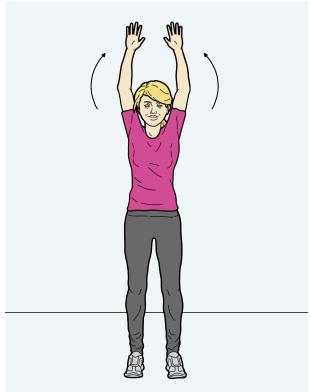
Activity 31: Rainbow breathing



1. Start in a standing position with your hands by your sides.



- 2. Take a deep breath in through your nose. As you do, raise your arms up over your head making a rainbow shape.
- **3.** As you breathe out through your mouth, move your arms back down to your side.
 - Where did you feel it in your body?
- **4.** Now repeat the activity but this time focus on breathing in through your nose and out through your mouth.
 - What change did you notice in your body after focusing on your breathing?