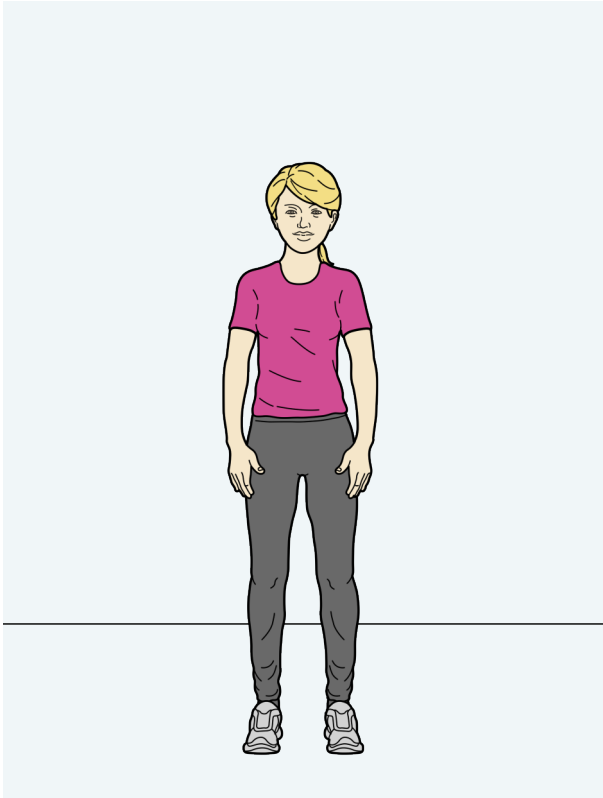
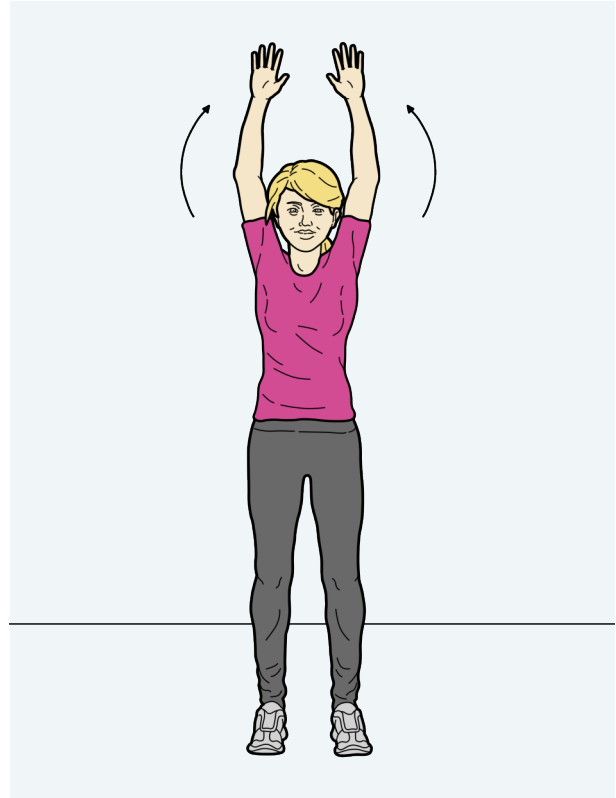


# Activity 31: Rainbow breathing

Video demonstration



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?*