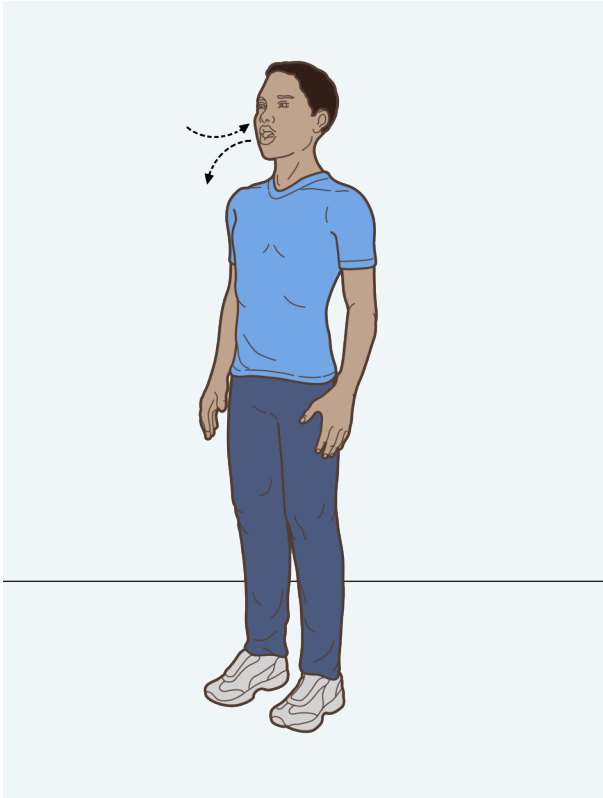
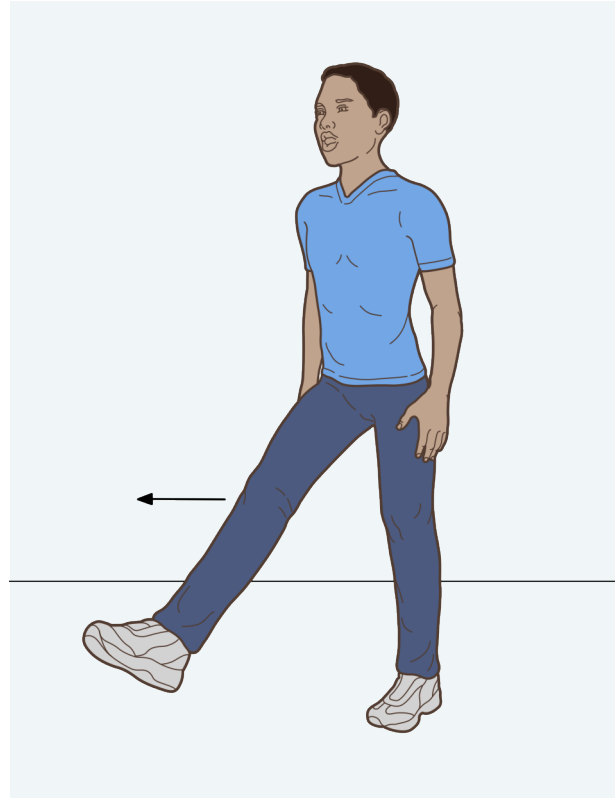


# Activity 34: 10 steps breathing

Video demonstration



1. Find a space in the room and stand tall.



2. Take a deep breath in through your nose and out through your mouth. Once you have done this, take one big step forward.

3. Repeat 9 more times.

*Was it comfortable to breathe like this while taking the steps?*

4. Now repeat the activity, focusing on your breathing, in through your nose and out through your mouth.

*What change did you notice in your body after focusing on your breathing?*