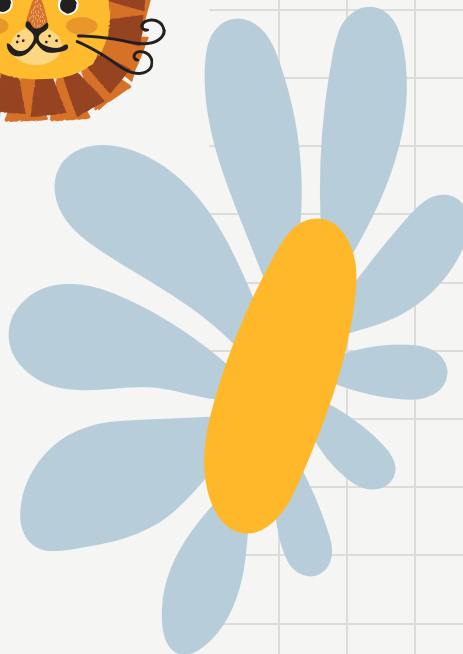
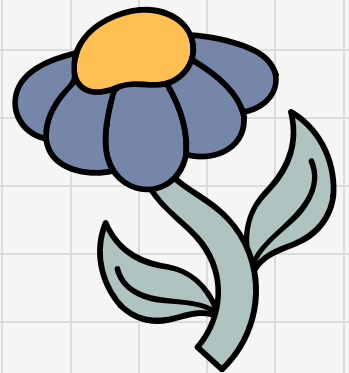
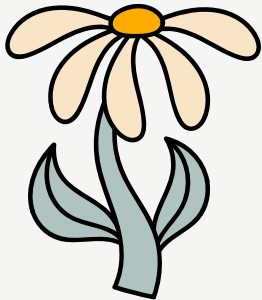
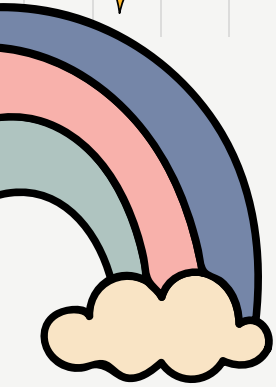
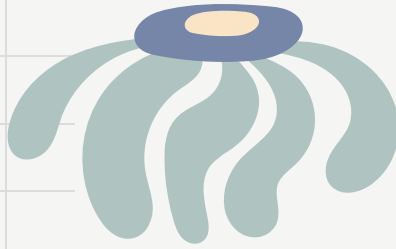


ANIMAL EXERCISES





HOW TO

inhale through your nose softly

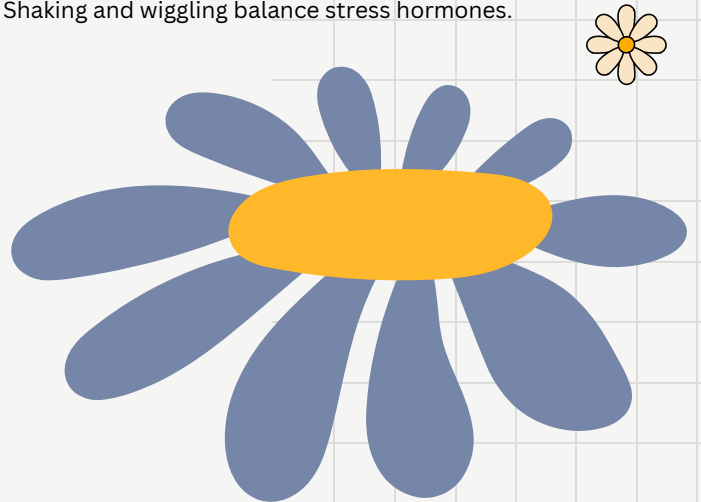
Exhale slowly while humming with mouth closed
Or exhale slowly while making an extended "Zzzz" sound

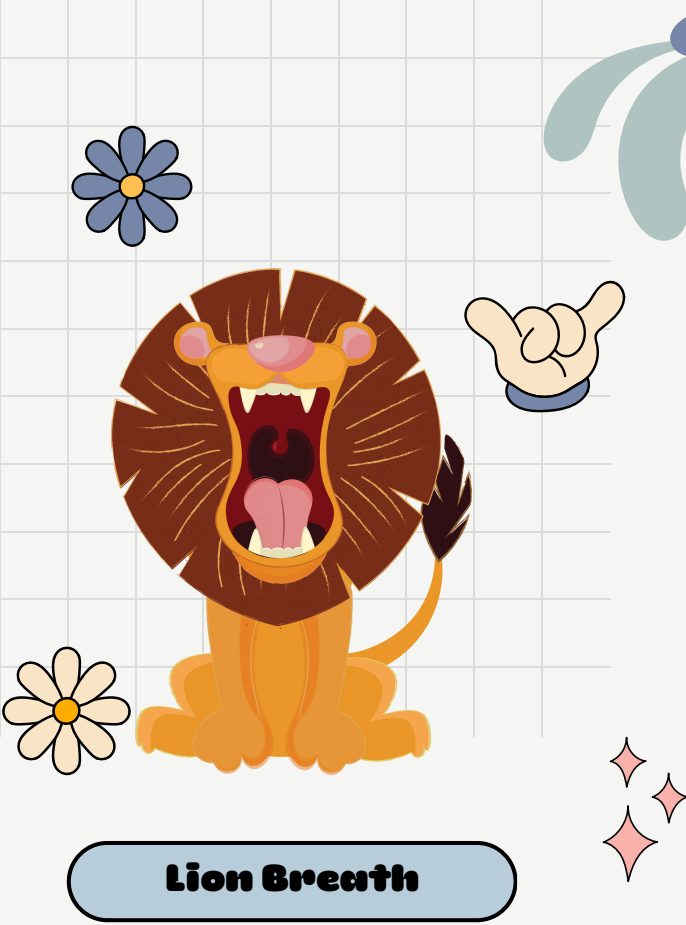
While exhaling you should sound like a bee and feel a slight buzzing sensation at the back of your throat.

As you buzz, wiggle your hips!

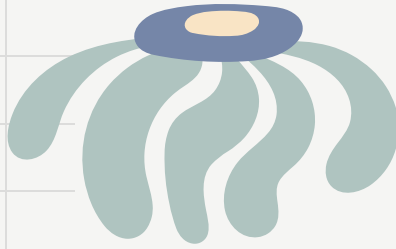
These buzzy vibrations stimulate the nervous system to help kiddos ground and feel calm (aka vocal toning)

Shaking and wiggling balance stress hormones.





Lion Breath



HOW TO

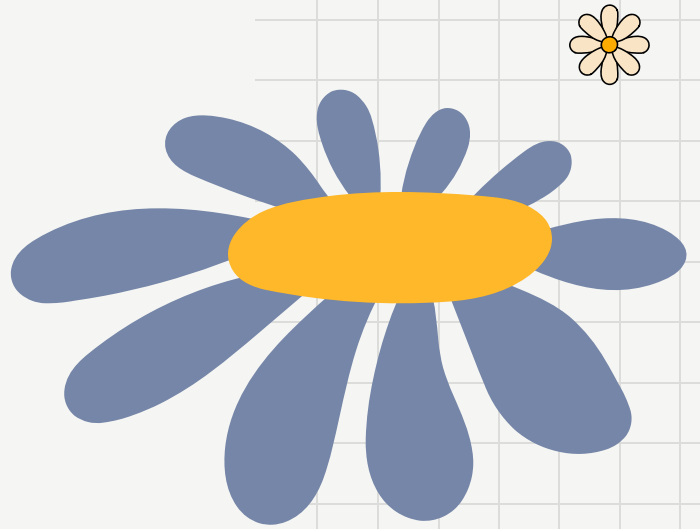
inhale deeply through your nose

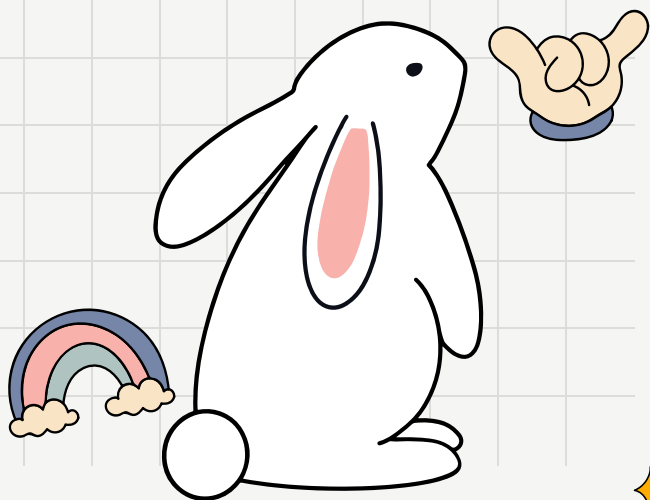
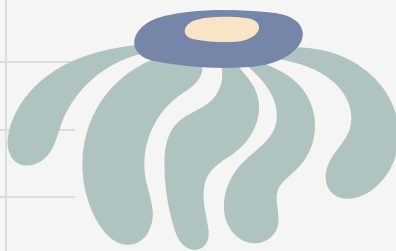
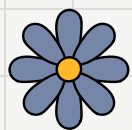
Exhale slowly while stretching your mouth widely

As you exhale, make a loud roar sound!

The vibrations from the ROAR stimulate the nervous system to help ground and calm (aka vocal toning).

Face stretches help to release pent up tension.





Bunny Breath

HOW TO

Inhale quickly through your nose twice

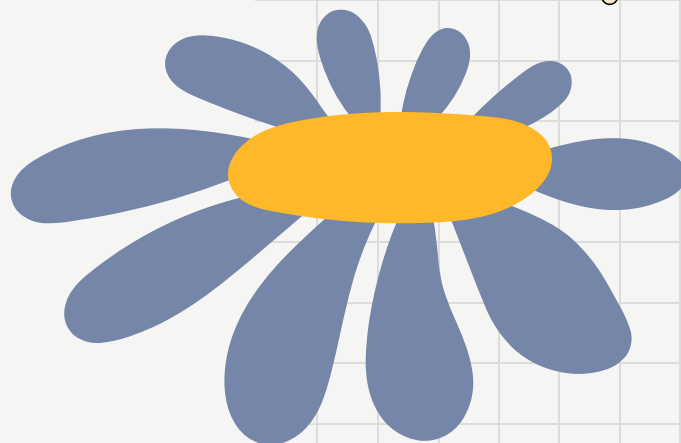
Exhale slowly from your mouth through pursed lips (like blowing through a straw).

You should look like a bunny sniffing!

Between each breath squat and hop like a bunny

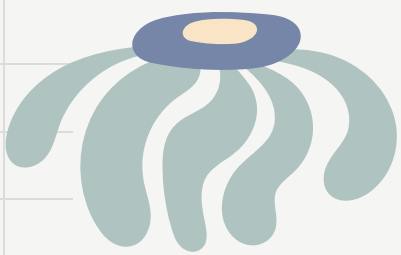
The double inhale is known as a physiological sigh and is the fastest known way to calm an overstimulated nervous system.

Squats help to release pent up tension.





Sloth Breath



HOW TO

Inhale slowly through your nose 4 seconds

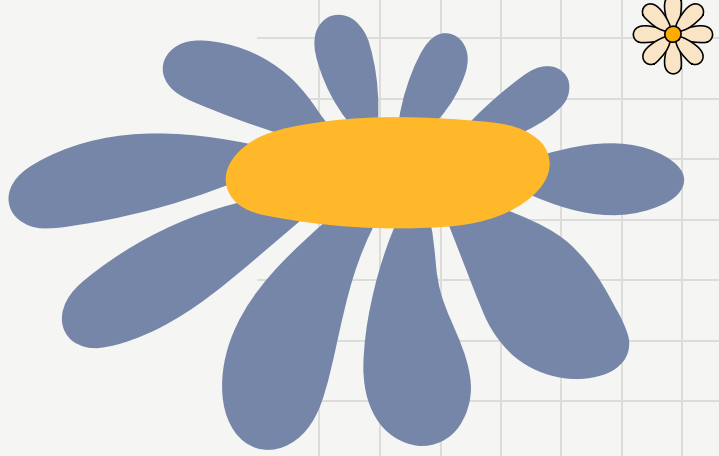
Exhale slowly from your mouth through pursed lips (like blowing through a straw) for 8 seconds

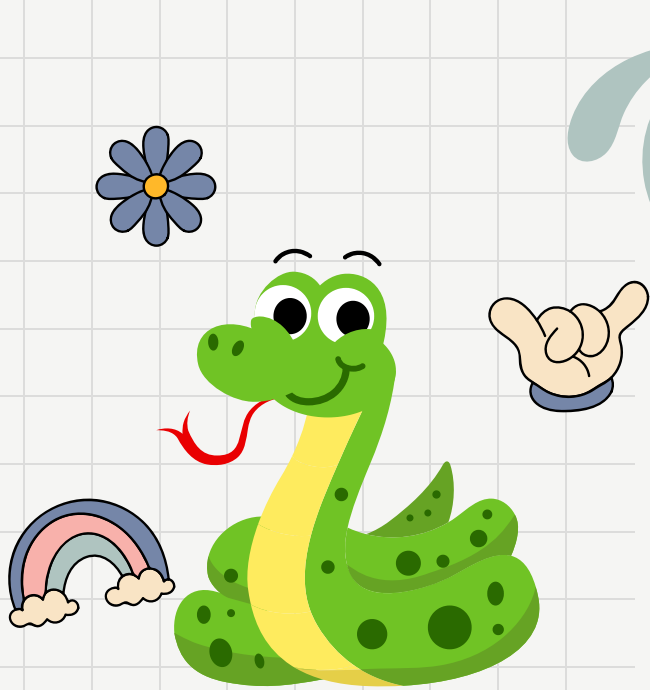
As you exhale let your arms and shoulders hang down and sway back and forth.

The extended exhale helps to calm and soothe the nervous system to promote relaxation.

Soft body movement aids in muscle relaxation.

Add in some yawns between breaths for an extra effect! (aka vocal toning)





Snake Breath



HOW TO

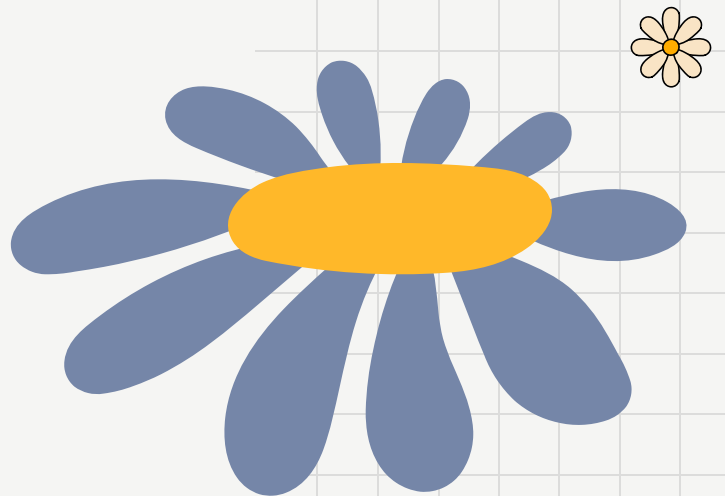
Inhale slowly through your nose 4 seconds

As you exhale make an “S” sound like a snake!

While you breathe in and out, slither or army crawl around the floor like a snake!

Vocal toning, such as making the “S” sound releases positive hormones, stops stress hormones, and relaxes the nervous system.

Soft slithery movements relax the body while low army crawls help to release muscular tension.





HOW TO

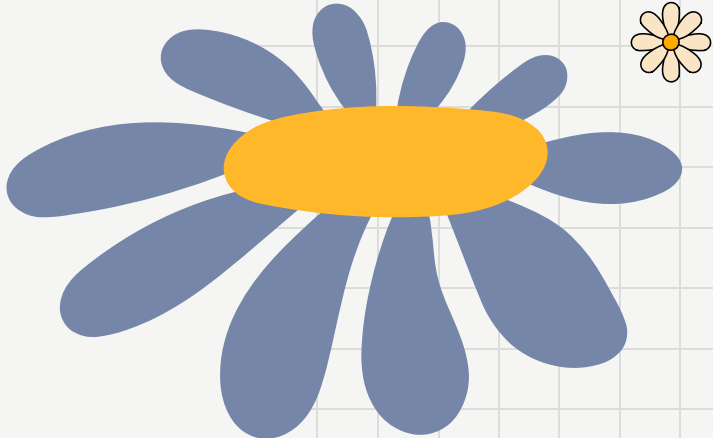
Inhale slowly through your nose 4 seconds

Exhale slowly and softly from your mouth through pursed lips (like you're blowing through a straw).

After you exhale fully, hold your breath for 5 seconds and blow up your cheeks like a puffer fish!

Extended exhales and brief breath holds boost circulation and nourish the body & brain with oxygen.

Brief breath holds enhance calm alertness which promotes focus and concentration





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