



BREATHING BANDS

You Need:

- Some long coloured pipe cleaners
- coloured beads (that have a big enough hole for the pipe cleaners to pass through)

Instructions:

- Choose up to 6 beads to thread onto the pipe cleaners (choose favourite colours or make an interesting pattern)
- Thread them so they are next to each other on the band (using a pipe cleaner means that the beads can only move when you move them)
- Twist the ends of the pipe cleaners together to make a band.
- Wear the band on your wrist to remind you to breathe / take a moment when you need it. For example:
 - take one bead and move it all the way round the circle to add to the end of the line of beads as you “breathe in”.
 - Take the next bead and do the same as you “breathe out”.
 - Keep going until you start feeling more relaxed.

