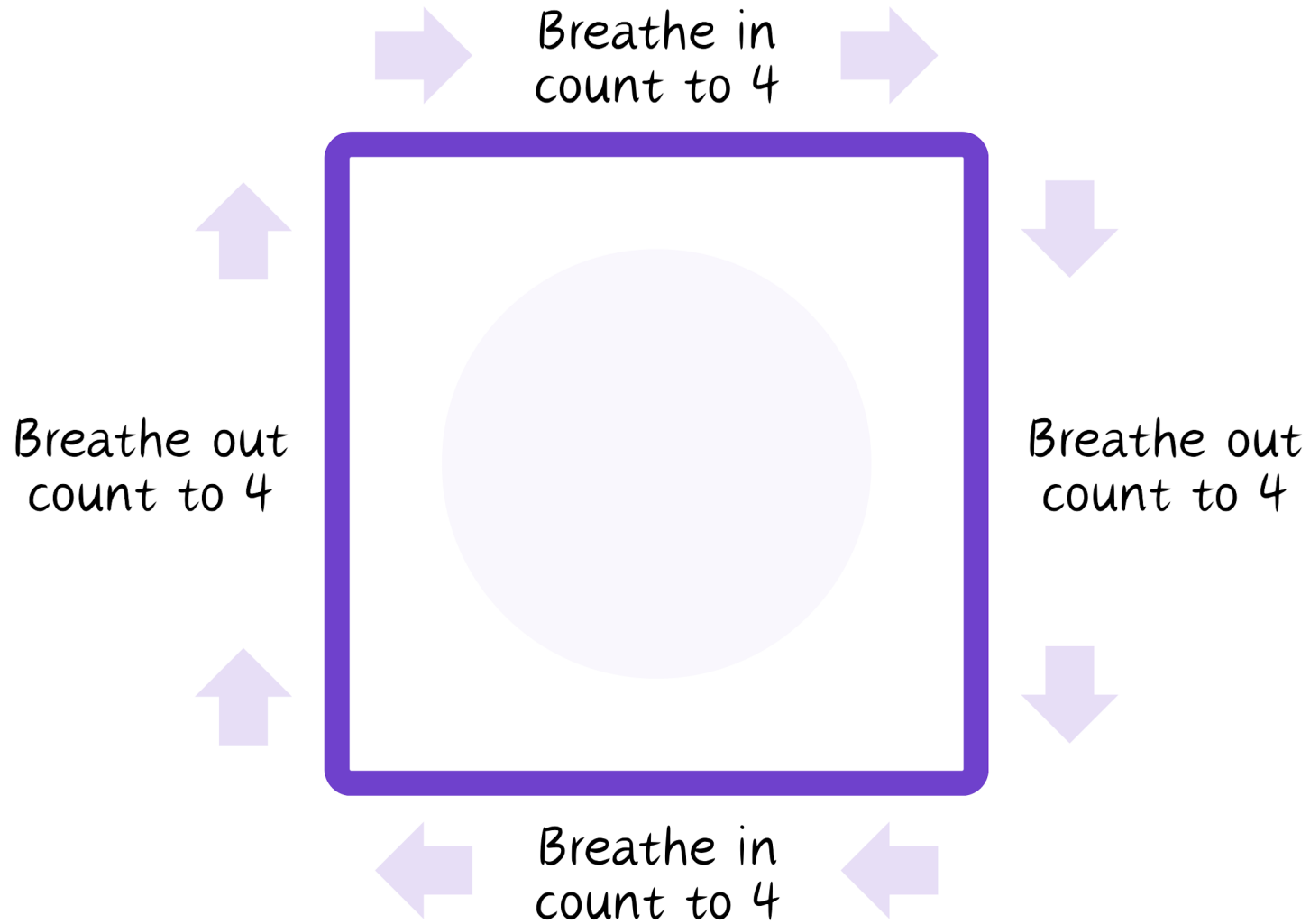


Make today
EPIC Breathing Square



Make today

EPIC Breathing Square

The Breathing Square can be a very effective mindfulness technique that can be used for various purposes.

- To start the day in a calm manner
- To decompress after moments of stress
- To help prevent meltdown moments
- To help gather thoughts
- To aid in effective listening
- To relax before bed

This is a great exercise to do both independently or in a group!

1. Place an item or a photo of something positive in the centre of the square, such as; a photo of a loved one, a favourite toy or even a mirror.
2. Place a finger on the top left corner of the square
3. In a clockwise motion, breathe in and trace the line to the next corner while counting to 4 (out loud, in your head or with someone else, whatever is most comfortable)
4. Once you have reached the first corner, breathe out to the count of 4 until you reach the next corner
5. Repeat step 3 and 4

TOP TIP

One lap around the square may be enough but try 4 laps – this will give you just over 1 minute of controlled and considered breathing time

