
Mindful Breathing with Teddy

This is a special activity that you can do at home with your favourite teddy or other soft toy. You will need to find a comfortable space to lie down. It could be your bed, the sofa or the floor.

1. Lie down on your back and relax. Make sure you are comfortable and have enough room.
2. Concentrate on your breathing – in and out – noticing the flow and rhythm.
3. Place your teddy or soft toy on your tummy.
4. Now, continue to focus on your breathing whilst watching your teddy move on your tummy.
5. Notice how you can breathe right down into your tummy, to make your soft toy rise as you breathe in and fall as you breathe out.
6. Imagine you are helping your teddy to relax, so make the breathing gentle and smooth – not jagged and bumpy.
7. Once you have watched teddy rise and fall, try closing your eyes and really focusing on breathing into your tummy – slowly and gently in, then slowly and gently out.
8. When you are ready, gently open your eyes and slowly sit up. You and your teddy should be feeling a lot more relaxed.

