

Pudsey's Mindful Breathing Dot-To-Dot

There are many ways you can experiment with focusing on the breath. One fun way is to play the dot-to-dot breathing game.

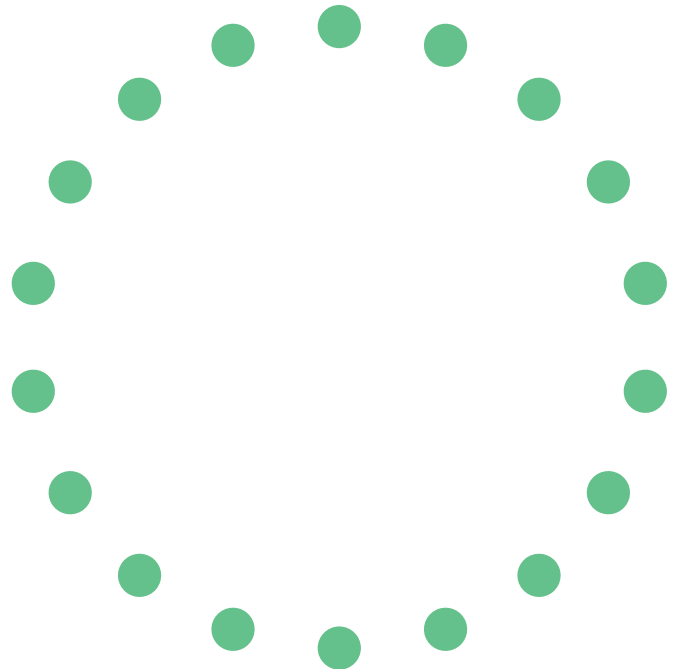
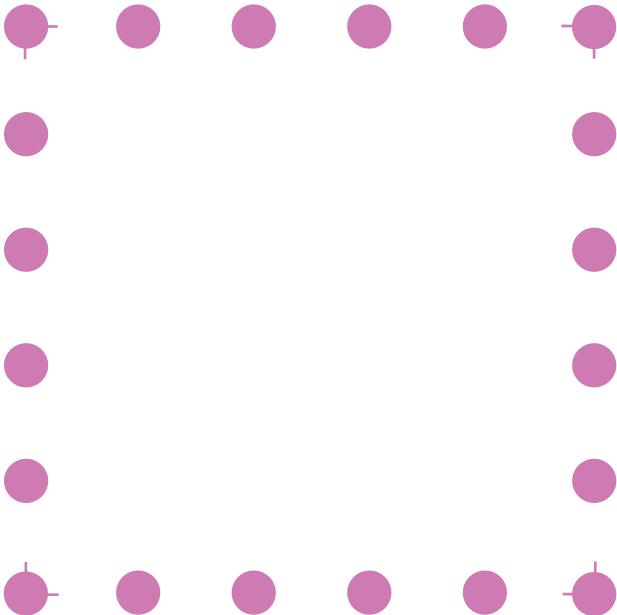
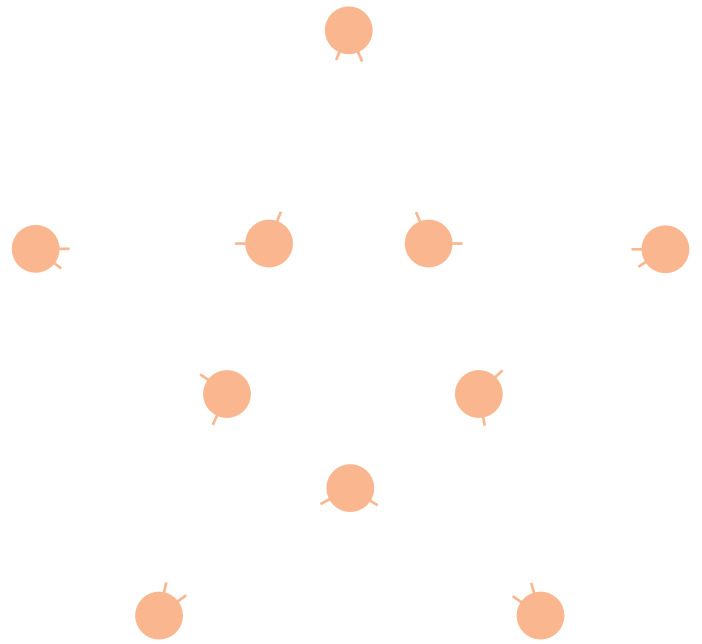
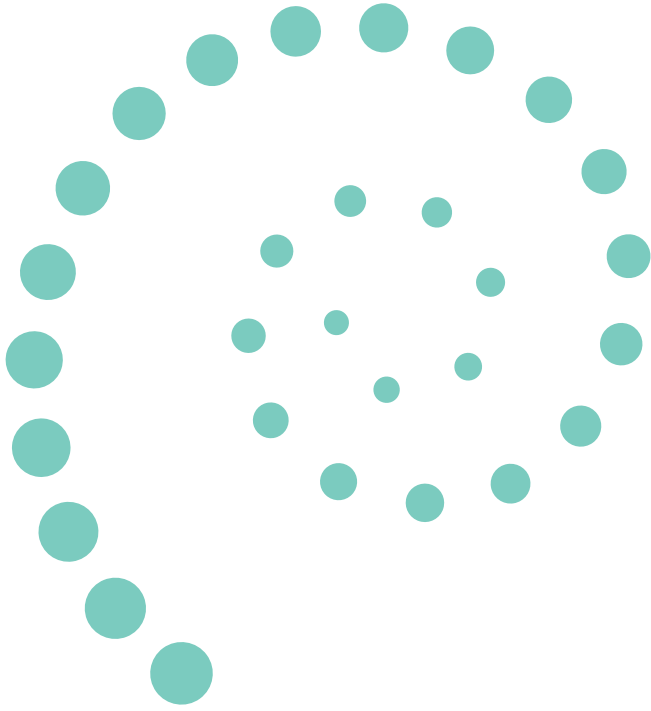
This is a very simple game that can help you feel settled and calm.

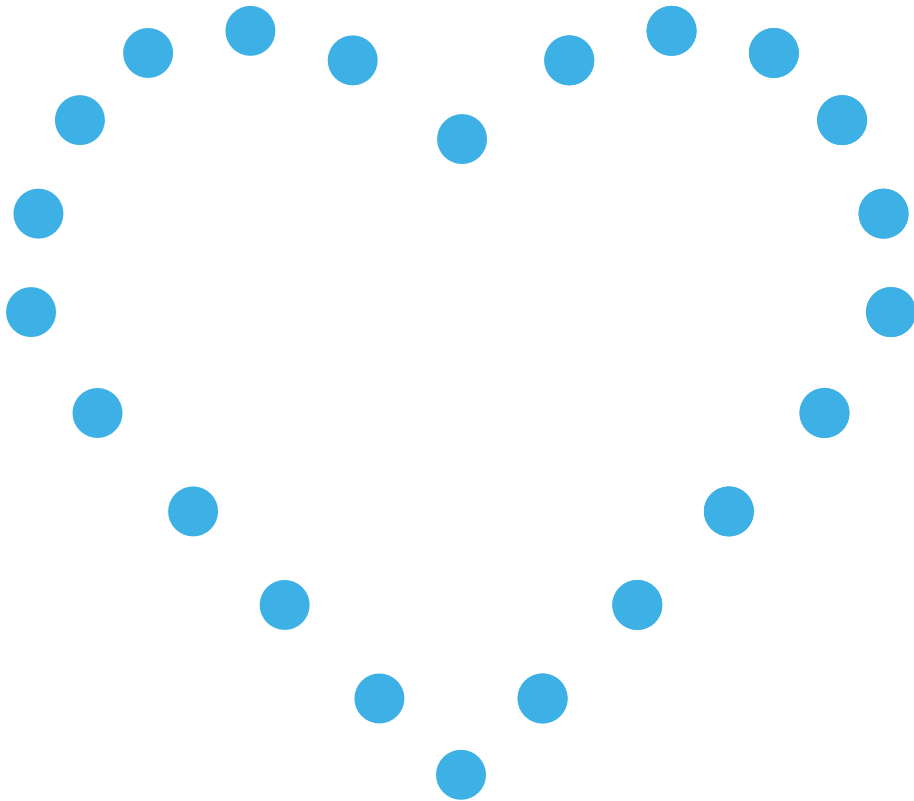
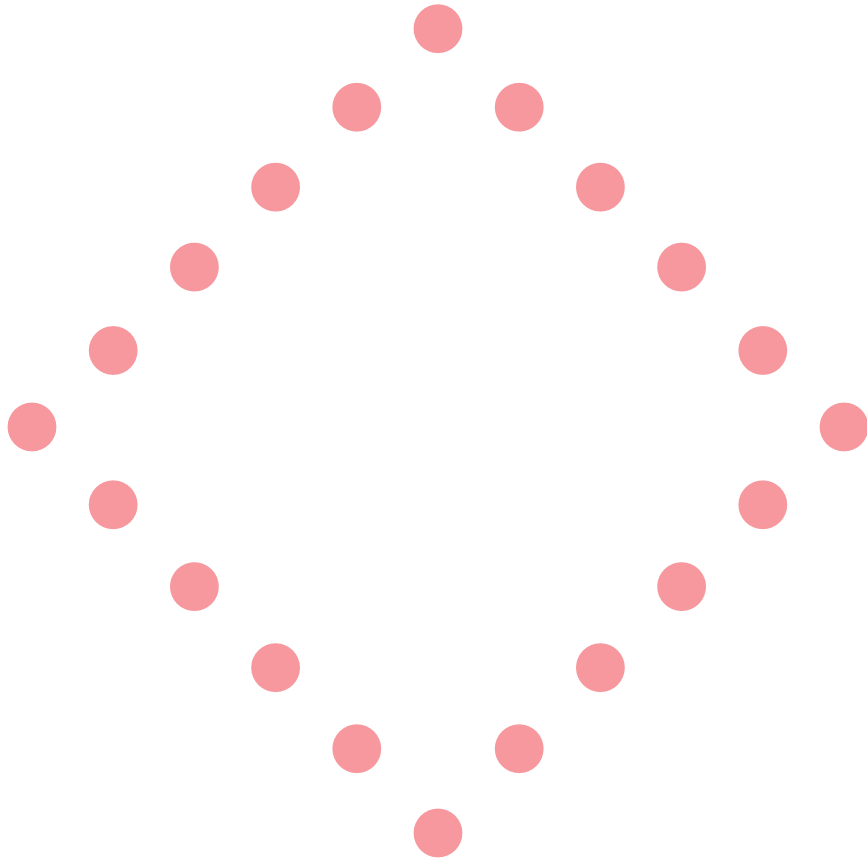
All you need is this sheet and a pen or pencil.

Instructions:

1. Find a quiet place to sit down.
2. Hold the pencil in your hand and rest it on the first dot of the picture.
3. Just breathe in and out for a few moments.
4. Then, make a start by drawing the first line. Do this very slowly. Make sure it takes a whole breath to get from one dot to the next.
5. Breathe in, draw a line from one dot to the next.
6. Breathe out, draw a line from one dot to the next.
7. Keep doing this very slowly until the dot-to-dot picture is completed.
8. You can then finish or perhaps do another dot-to-dot, just breathing and drawing.







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