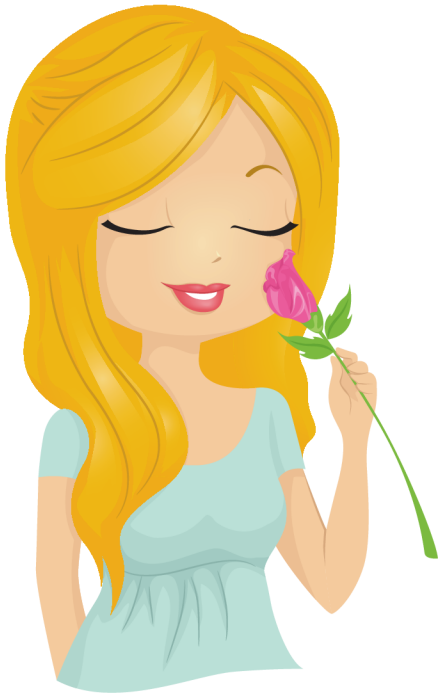
Wildling Breaths



Wellbeing Warrior Award

Wisdom Quest

Wildling Breaths

Wildling breaths are a secret tool you can use to help you feel calm and relaxed at any time in any place and with anyone!
And it is really easy to learn!
Taking big, deep, slow breaths helps you to feel calm, helps to REGULATE your heart beat and gets oxygen quickly to your brain and muscles which helps us to think clearly and relax our bodies.

Sound good? Keep reading!

The first step is to imagine you are holding a flower than smells amazing.
Slowly sniff the pretend flower, breathing in through your nostrils, deeply and strongly.

Then, try to hold your breath while you count to 3 in your head...
1, 2, 3!

The last step of a Wildling Breath is to blow all your breath out, but SLOWLY! Imagine you have a cake in front of you full of candles.
Try to slowly blow out all the candles on the cake with your big Wildling Breath.
You will need to do it really slowly so you have enough breath for all the candles!