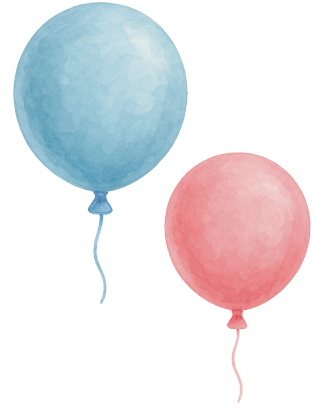


Breathing + Mindfulness

FOR KIDS WITH ECZEMA

Magic Balloon

Imagine a colourful balloon floating in front of you. Take a deep breath in, and as you breathe out, make a slow “whoosh” sound as if blowing it up.



5-4-3-2-1 Senses Game

Can you find...

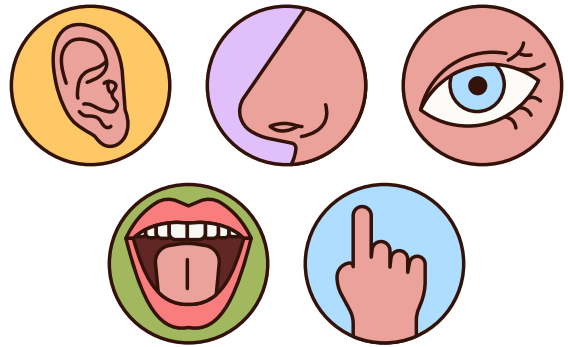
5 things you see

4 things you feel

3 things you hear

2 things you smell

1 thing you taste



Soft Toy Breathing

If you're sitting or lying down, place your soft toy on your tummy. Watch it move up and down as you breathe in and out.