

Cumbria County Council

## What can I do today?



This week it is ...mindful breathing

### Thursday

#### Flower

- Find a calm, warm comfortable place to sit and do your flower breathing together.
- Imagine you are holding a beautiful flower.
- What does it look like?
- What colour is it?
- What does it smell like?
- Take a deep breath in through your nose and smell the beautiful flower...
- Gently breath out through your mouth and blow the lovely petals.
- Repeat 3-times, breath in through your nose and smell the flower and gently blow out through your mouth and blow the petals.

Well done!