

Cumbria County Council

## What can I do today?



This week it is ...mindful breathing

## Sunday

### Pinwheel

- You will need a pinwheel to blow.
- Why not make one with your child, they could decorate it first.
- Find somewhere to sit comfortably.
- Take a deep breath in through your nose and then blow out through your mouth towards the pinwheel.
- Watch it spin round and round.
- Practice this a few times a day.
- Encourage your child to say a positive affirmation with each breathe; I am safe, I am strong, I am calm...