

Milkshake Breathing

1. Breathe slowly in through your **nose**.
2. Then slowly breathe softly out of your **mouth** (like you are blowing **SMALL** bubbles in a drink!)
3. Do enough Milkshake Breaths to calm down and feel relaxed!!



*SOFT
BREATHS!*



*NICE AND
SLOW!*



RELAX!

*SMALL BUBBLES -
NO SPILING!*

