

Happy Breathing Script

Happy Breathing 1



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I'd like you to put down anything you're holding.

Take off your glasses if you're wearing them. Gently close your eyes and place your hands on your lap.

Sit up in your chair, nice and tall, and have your feet flat on the floor. Try and stay nice and still and keep the same position.

Now, I'd like you to focus on your breath.

Don't try to breathe faster or slower than normal.

Just relax and breathe as you normally would.

As you breathe in and out, think about what you notice about how your breath feels, where do you feel your breath? Is it in your tummy? Is it in your throat?

Let's come back to our breath now, and focus on breathing in, and breathing out.

On your next in breath, I'd like you to start counting.

Let's start by counting 10 breaths, in and out, in your mind.

Now, I'd like you to move your hand to your tummy. Keep breathing normally.



What do you notice about the movement of your tummy?

Can you feel it rising and falling in time with your breath?

Let's keep our hands there for another 10 breaths.

This time, focusing on the out breath.

Now, when you're ready, I'd like you to gently open your eyes and think about how that felt.

