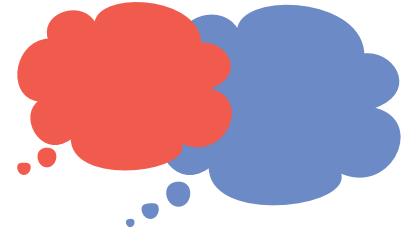


Colourful breathing activity



Managing stress and anxiety can be tricky for children and adults alike, especially when you have a lot of thoughts and emotions buzzing around! Colourful breathing is a quick and simple activity for people of all ages to find calm and clarity in moments of overwhelm. Follow the steps below and display this poster at your service for a daily colourful breathing reminder!

1

Think of a colour to represent positive feelings

Positive feelings could include happiness or excitement, or even the feeling of hugging a pet or drinking a mug of hot chocolate!



2

Now think of a colour to represent negative feelings

This could be something you are feeling at that moment, like anxiety, overwhelm or anger – feelings that you want to go away.



3

Now that you have chosen two colours, close your eyes and take a big breath

Imagine you are breathing in your positive colour and all the nice feelings that come with it. Hold your breath and imagine the positive colour within.



4

Keeping your eyes closed, now think of the negative colour and as you exhale

Imagine you are blowing the negative colour out of your body as you breathe out!



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