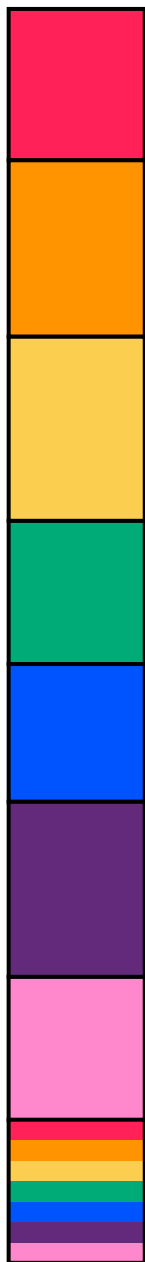




The Yoga Zoo Challenge

Rainbow breathing

Print out a rainbow breathing sheet for each child and ask them to follow each coloured line with their finger as you read aloud. Ask them to breathe deeply and imagine the colours as you go.



Red

Let's take a big, deep breath while we follow the red part of the rainbow. Can you think of things that are red, like post boxes and fire engines, as you breathe in?

Orange

Now, as we trace the orange part, let's breathe out slowly. Imagine orange things, like pumpkins and warm fireplaces. They feel cosy. Can you feel that warm feeling hugging you as you breathe out?

Yellow

Take another big breath in as we follow the yellow part of the rainbow. What yellow things can you think of? What about sunshine or bananas? They make us feel energised and alive, don't they?

Green

Now, let's breathe out as we follow the green part. Picture green things, like grass or leaves. They're so soothing. Can you feel peaceful energy flowing through you?

Blue

Let's move to the blue part and breathe in again. Blue things, like the sky and the ocean, make us feel calm. Can you feel that relaxing feeling spreading through your body?

Purple

Let's breathe out one more time as we follow the purple part. Imagine purple things, like grapes or lavender flowers. They can make us feel inspired. Can you think of any purple things?

Pink

Finally, let's trace the pink part and breathe out slowly. Can you picture pink things, like candy floss or flamingos? How do they make you feel?

To finish, let's relax for five minutes. Lie down, close your eyes, and breathe deeply. Imagine a beautiful rainbow in your mind, with all its colours making you feel happy and peaceful.

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