THE BRAVE BREATH

When I need to feel calm, safe, and strong, I can use a Brave Breath to let go of my fear and have more Courage.

1. I put one hand on my heart.
2. I put my other hand on my belly.
3. I take a full, deep breath through my nose like I am smelling something really good like cookies or popcorn.
4. When I breathe in, I let the air fill my belly making it rise.
5. Then, I breathe out all of the air through my mouth like I am blowing on hot cocoa to cool it off or blowing bubbles. This makes my belly fall.
6. I breathe like this a few times until I feel more peaceful and courageous.
7. While I am breathing I can say positive things like “I am courageous”, “I am safe”, “I can do it” or “I am calm”. This will help me to focus my thoughts in a good way to make me feel better.

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