

# PUFFERFISH BREATHING

**INHALE:** Breathe in through your nose like you are sniffing a flower.

- 1
- 2
- 3
- 4



- 1
- 2
- 3
- 4

**EXHALE:** Blow out through your mouth like you are blowing bubbles.

Count to 4 slowly as you breathe in and out (1.2.3.4....4.3.2.1)