

## Meet Your Brain Habits At Home

Try and challenge yourself to practise Happy Breathing with your child at least once a day. This can be particularly nice before bed time as a winding down activity.

Try and ask your child how they felt afterwards and maybe try it yourself too. You can use this handy checklist to capture your thoughts!

DAY 1: Did we do Happy Breathing today?

YES

NO

How did the Happy Breathing feel?

DAY 2: Did we do Happy Breathing today?

YES

NO

How did the Happy Breathing feel?

DAY 3: Did we do Happy Breathing today?

YES

NO

How did the Happy Breathing feel?

DAY 4: Did we do Happy Breathing today?

YES

NO

How did the Happy Breathing feel?

DAY 5: Did we do Happy Breathing today?

YES

NO

How did the Happy Breathing feel?

DAY 6: Did we do Happy Breathing today?

YES

NO

How did the Happy Breathing feel?

DAY 7: Did we do Happy Breathing today?

YES

NO

How did the Happy Breathing feel?

We'd love to see photos of the activities in action! Why not share your pictures at:

