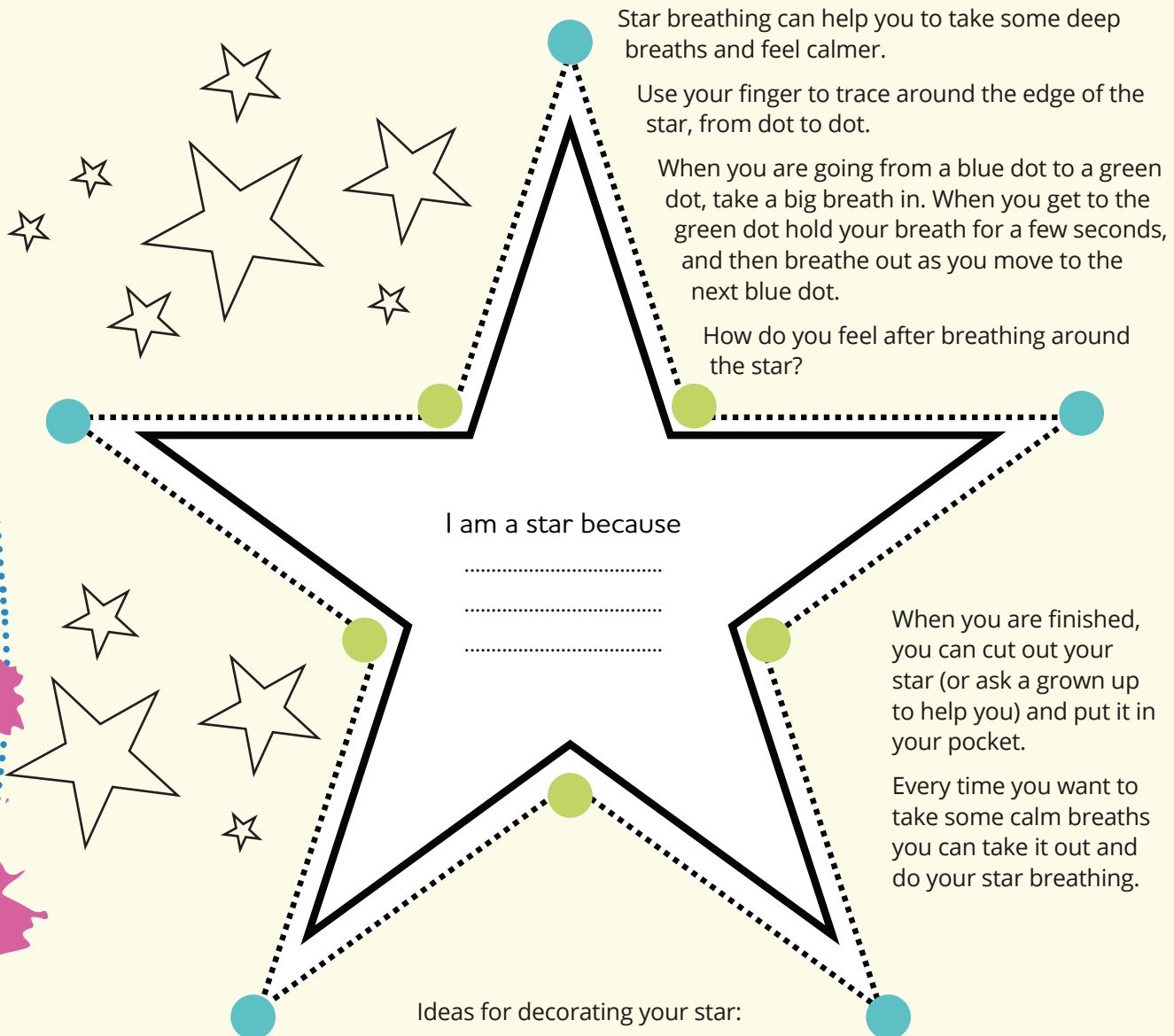


STAR BREATHING

COURTESY OF
teapot
TRUST
Bringing colour to young lives

Activity prepared by Dr Patricia Watts and Ally Lloyd, 2026



Star breathing can help you to take some deep breaths and feel calmer.

Use your finger to trace around the edge of the star, from dot to dot.

When you are going from a blue dot to a green dot, take a big breath in. When you get to the green dot hold your breath for a few seconds, and then breathe out as you move to the next blue dot.

How do you feel after breathing around the star?

I am a star because

.....
.....
.....

When you are finished, you can cut out your star (or ask a grown up to help you) and put it in your pocket.

Every time you want to take some calm breaths you can take it out and do your star breathing.

Ideas for decorating your star:

- You could colour your star in your favourite colours or colours that make you feel calm.
- You could write and draw pictures of things that make you feel calm.
- You could decorate it to remind you of a place where you feel calm.
- You could add a pattern that is relaxing to draw and colour in.

Thank you to our friends at the Teapot Trust for providing this activity for us. If you'd like to find out more about the Teapot Trust and the support they offer you can visit www.teapot-trust.org