

THE GET WELL SPELL



Unicorn Breathing

Our bodies and minds are amazing, and we need to look after them well. Whenever Morris, the little unicorn, feels worried, tired or sad, he knows just what he needs to do to feel better, and one of his super special ways to calm his mind and relax his body is to do some unicorn breathing. Have a go and breathe along with Morris, and see if it helps you too...

Follow these steps: **1** Start with your hands pressed together above your forehead, like a unicorn horn.



2 As you take a deep breath in, stretch your arms upwards as if your horn is growing into the sky and count to four. Imagine you are breathing in magic and positive energy.

3 When you've stretched upwards as far as you can, hold onto the deep breath and count to four again.

4 Breathe out while dropping your hands in a rainbow arc to your sides, wiggling your fingers like you are sprinkling glittery magic around you.



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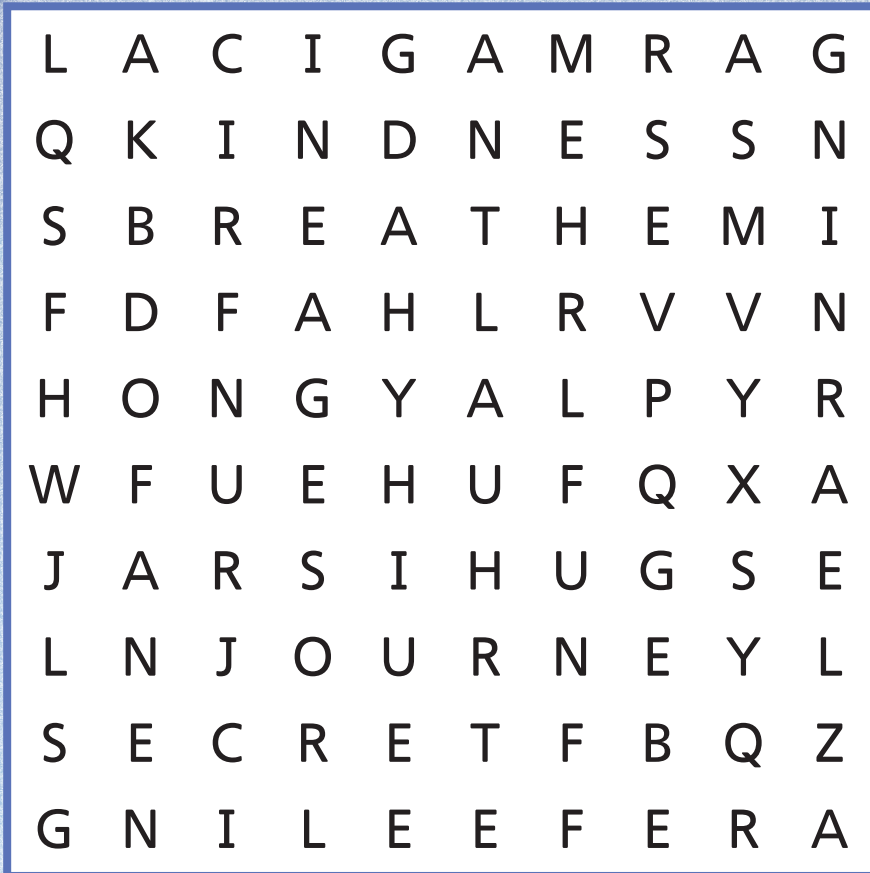
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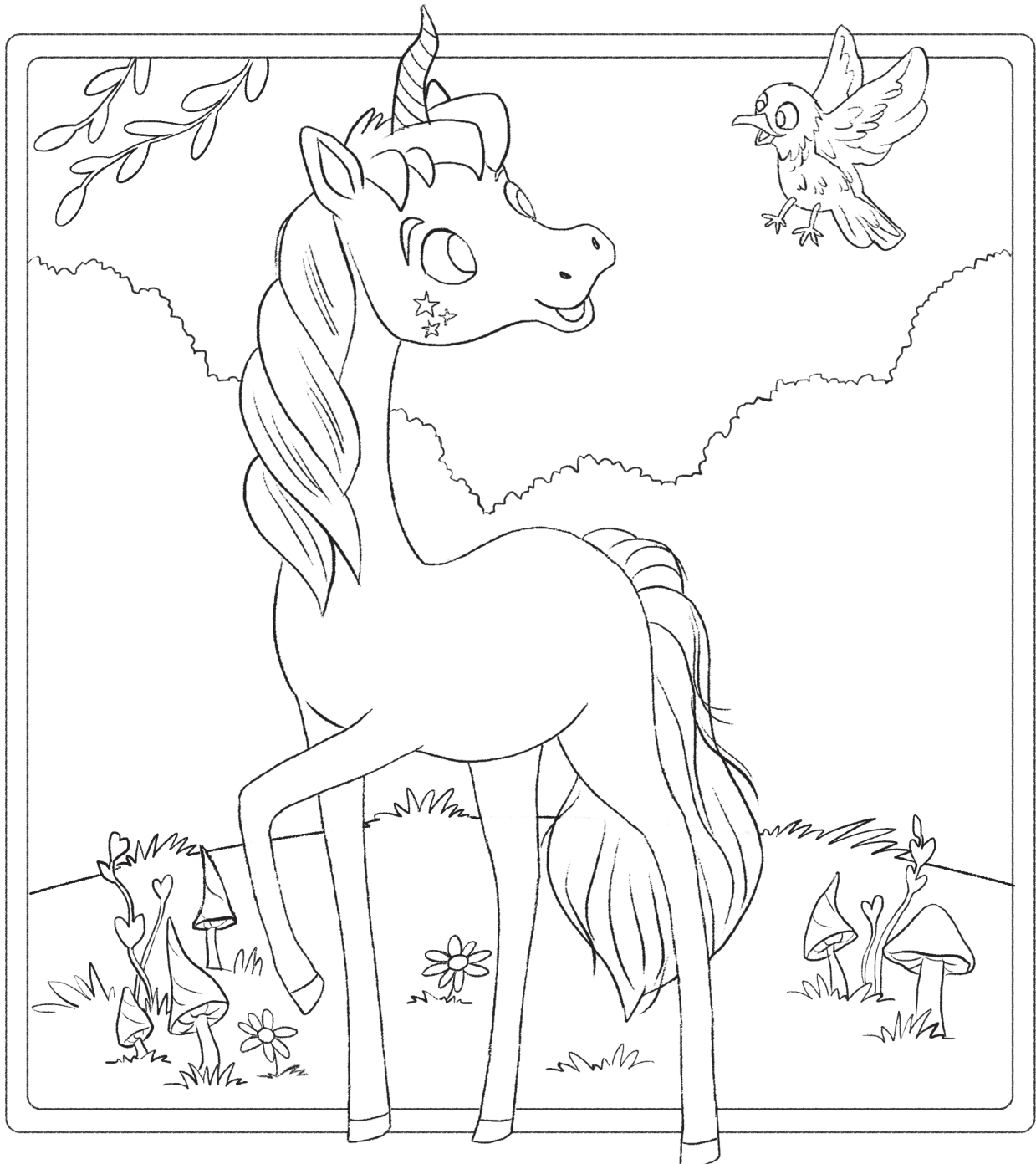
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Create Your Inner Unicorn

Enjoy colouring as part of mindful play!



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