

# Counting and breathing

Meet Ruby. Ruby has been at a birthday party today.

As all the children were having a drink and eating cake after they sang happy birthday, someone accidentally knocked Ruby's drink over and it went all over the table and all down her new dress.

Ruby started to feel a bit upset.

Now Ruby is feeling a little better.

She remembered her counting and breathing, Breathing in for 3 long counts and out for 3 long counts. You can say 1 - Hippopotamus in your mind to yourself to help you breathe slower.

Breathe in for 1 - Hippopotamus, 2 - Hippopotamus, 3 - Hippopotamus

Then out for 1 - Hippopotamus, 2 - Hippopotamus, 3 - Hippopotamus

Do this 3 times in a row to feel happier.

Grown ups can use counting and breathing whenever they want to as well to help them to feel calmer and feel happier. Practice this at home!!

