

Mindful Breathing Dot-To-Dot

There are many ways you can experiment with focusing on the breath. One fun way is to play the dot-to-dot breathing game. This is a very simple game that can help you feel settled and calm. All you need is this sheet and a pen or pencil.

Instructions:

Find a quiet place to sit down.

Hold the pencil in your hand and rest it on the first dot of the diagram.

Just breathe in and out for a few moments.

Then make a start by drawing the first line. Do this very slowly. Make sure it takes a whole breath to get from one dot to the next.

Breathe in, draw a line from one dot to the next.

Breathe out, draw a line from one dot to the next.

Keep doing this very slowly until the dot-to-dot picture is completed.

You can then finish or perhaps do another dot-to-dot, just breathing and drawing.



