BUBBLE BREATHING



1.BREATHE IN THROUGH THE NOSE 2.BREATHE OUT THROUGH YOUR MOUTH 3.COUNT THE BUBBLES





BUBBLE BREATHING



1.BREATHE IN THROUGH THE NOSE 2.BREATHE OUT THROUGH YOUR MOUTH 3.COUNT THE BUBBLES



BUBBLE BREATHING



1.BREATHE IN THROUGH THE NOSE 2.BREATHE OUT THROUGH YOUR MOUTH 3.COUNT THE BUBBLES





BUBBLE BREATHING



1.BREATHE IN THROUGH YOUR NOSE 2.BREATHE OUT THROUGH YOUR MOUTH 3.COUNT THE BUBBLES



Alberta Health Services Mental Health Capacity Building in Schools