

Calm Cuppa Breathing



Take a break from all your toiling, No need to rush, the kettle's boiling.

Make your tea and just sit down, Let's see if we can ease that frown.



Enjoy the aroma and help your drink cool, Follow this lesson from Relaxation school.

Hold in front of you the brew you chose, Close your eyes and breathe in through your nose.

1... 2... 3... 4...

If your day becomes stressful, follow these tips, Your drink is too hot, so breathe out through your lips.

1... 2... 3... 4...

Breathe in and out, nice and slow, Repeat and let your stresses go.

relax* Kids*
South Notts