

BALLOON BREATHING

BRAIN BREAK



Think of your belly as a balloon

INHALE

Place your hands on your belly and breathe in slowly through your nose. Feel your belly, abdomen and chest expanding out like a balloon. Hold your breath for 2 seconds

EXHALE

Open your mouth and slowly blow all the air out of your lungs, as if deflating your imaginary balloon. Repeat this exercise five times or until you are calm

ANADLU BALŴN



Meddyliwch am eich bol fel balŵn

ANADLU I MEWN

Rhowch eich dwylo ar eich bol a anadlwch yn araf trwy'ch trwyn. Teimlwch eich bol, abdomen a'ch brest yn ehangu fel balŵn. Dal eich anadl am 2 eiliad.

ANADLU ALLAN

Agorwch eich ceg a chwythwch yr holl aer allan o'ch ysgyfaint yn araf, fel pe baech yn chwythu balŵn dychmygol. Ailadroddwch yr ymarfer hwn pum gwaith neu nes eich bod chi'n dawel.