



COOL YOUR SOUP

Purpose & Focus

This breathing exercise helps reduce anxiety with a combination of visualization and proper breathing.

Participants

Any number of participants.

Time Allotment

5 Minutes (or less)

Activity Level

Low

Materials

No materials required

Method

- Place your hands together in front of you palm up to form a bowl shape.
- Imagine your favorite soup has filled that bowl.
- Take a deep breath in to fill your lungs.
- Hold 3-5 seconds.
- Blow out and cool your soup.

Repeat at least 3 times.