



WORKSHEET – WORKSHOP 4E

Breathe like a bird

This exercise focuses your energy and your attention on what is happening right now, in this moment.

It's very useful to be not so sad or discouraged, to be able to find your energy again to do start revision, do a test, or to be more focused or to go again...

1. Sit on the edge of a chair, a little bit towards the front of the seat, your feet solidly planted on the ground, your heels and the balls of your feet touching the ground, your back straight, your hands flat on your thighs or your knees.
2. Focus your attention on the soles of your feet that you placed firmly on the ground, on your thighs that are touching the chair, and on hands that are flat on your thighs or on your knees.
3. Then pay attention to your breathing without changing it... Let the air enter and exit through your nose; feel how the air is fresh when it enters and lukewarm when it exits, feel how your breathing inflates your ribcage...
4. Put both of your hands on your neck and imagine that you're a bird that's hidden in its nest. Your arms are its wings. Slowly fold your body by bending down to your knees, breathe out in a long and calm breath, breathe out all the air that you have in your lungs, all the whilst slowly moving your arms together. Both of your hands should stay on your neck. Imagine then that the bird is leaning over the edge of its nest. You breathe in through your nose deeply and slowly, progressively opening your arms whilst straightening your back. Breathe in and out a couple of times in this pattern, like a bird that's about to take off again, spreading its wings before flying out into the sky...
5. How do you feel?
Pay attention to everything around you, all your senses are awake and alert again, you're curious, you want to explore everything, you're ready to listen to everything and to go out into the world...



Remark: Breathing through your nose prevents the risk of hyperventilating.