

HORSE BREATHING BRAIN BREAK



Sit tall and relaxed, like you're on your horse.

Take a deep breath in through your nose.

Hold your breath for 2–4 seconds.

Now gently blow the air out through your lips.

Let your lips flutter or softly “snort” like a calm, happy horse.

This kind of breathing helps release tension and has a calming effect.

Repeat the horse breathing until you are calm and relaxed.