

## Anchor breathing

Step	Sounds
1	Imagine being on a boat, feeling calm, and safe
2	Attached to the boat is an anchor. It keeps you there, where you want, and happy
3	Our bodies, like the boat, also have anchors, and they can help us focus. Our belly, our nose and mouth, and our chest and lungs can help us feel grounded.
4	With your hands on your chest, breathe in deeply.
5	Breathe out slowly.
6	Feel your ribs rise and fall
7	As your mind wanders, gently bring it back to the anchor point.