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sixseconds
SUSTAINABLE DEVELOPMENT GOALS

POP-UP FESTIVAL

Ocean Wave Breathing

Calm Down with Ocean Wave Breathing



Close your eyes with your child.

Imagine that your anger is a fiery flame on a sandy shore.

Practice making the noise of the sea waves while breathing deeply from your diaphragm.

Imagine as you breathe life into the ocean waves, they grow closer and closer to the flame to extinguish it.

source POP-UP Festival 6sec.org/popup

This activity is brought to us by our friends at confidentparentsconfidentkids.org

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