

I Can Calm Book Breathing

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=HGCVVJTDBZO](https://www.youtube.com/watch?v=HGCVVJTDBZO)
<https://www.youtube.com/watch?v=hGCyVjtDbzo>

SUMMARY

The video focuses on a series of fun and engaging breathing exercises designed for relaxation and mindfulness. It encourages viewers to participate in various activities that promote calmness and body awareness.

- *Introduces simple breathing techniques for relaxation.*
- *Demonstrates exercises like "drain," "balloon," and "pretzel."*
- *Encourages physical movements to enhance mindfulness.*
- *Uses playful language and actions to engage participants.*
- *Aims to help viewers manage stress and promote well-being.*

you're almost there you did it all right here we go I can call I can star smile take a deep breath and relax I can drain put your arm out like

this and squeeze I can balloon fill it up I can pretzel cross your arms like this

yeah that one's hard I can bunny breathe I can do breathing arms Ansley do breathing arms [Music] there you go you did it