

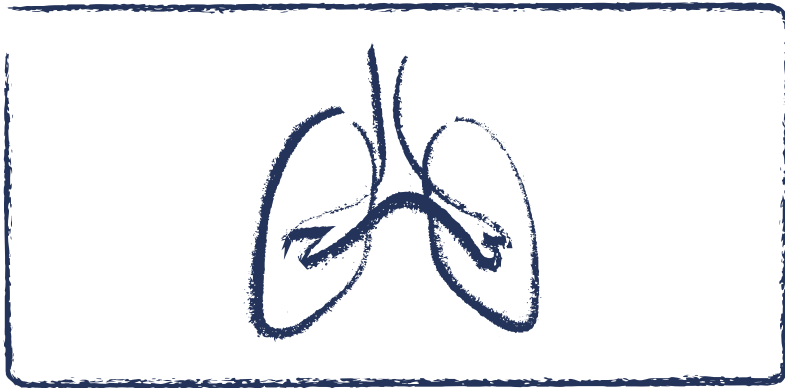
How to calm our hinengaro and tinana



Tapawhā breathing

Hā ki waho breathe out ... 2 ... 3 ... 4 ... 5 ... 6

Hā ki roto breathe in ... 2 ... 3 ... 4



Hā ki roto breathe in ... 2 ... 3 ... 4

Hā ki waho breathe out ... 2 ... 3 ... 4 ... 5 ... 6

How to do tapawhā breathing

1. Find somewhere comfortable to sit or lie down.
2. Picture a tapawhā (rectangle) in your mind.
3. Move around the tapawhā, breathe in along the short side for a count of 4.
4. Breathe out along the long side for a count of 6.
5. Repeat this several times until you're feeling calm.

How to do a body scan



Remember,
if you appear
relaxed your
tamariki will feel
relaxed too!

1. Find a comfy place to sit or lie, place your hands on your puku, and if you're feeling comfortable, close your karu (eyes).
2. Focusing on the parts of your tinana beginning with your upoko (head), tense it up, then release. Do the same for your ringaringa, chest, puku, legs and waewae.
3. Focus on your puku moving out as you breathe in, and in as you breathe out.
4. Sometimes it's nice to do this while listening to a calm song.

What helps me feel calm?
