

Snowball Breathing Exercise

Imagine a frosty, glittering snowball in your hands.
It's as magical as a winter fairy tale!

Take a deep breath in through your nose for 4-5 seconds,
letting the cool, fresh air fill you with calm.

Gently blow out through your mouth for 4-5 seconds.
As if you're sending little snowflakes into the winter breeze.

Repeat this 3-5 times,
or until you feel cozy and calm as a snowflake drifting through the sky.

