CALM CATS

Flower Breathing Craft

You will need

1. Flower template
2. Colouring pens or pencils
3. Scissors
4. Glue or glue spots
5. Cotton wool
6. Cupcake case
7. Essential oils (optional) A squeeze of an orange also works well
8. Lolly stick or craft straw

Take your flower template and colour it as you wish leaving the centre circle uncoloured.

Take a cupcake case and stick it in the middle of the centre circle.

Stick a cotton wool ball in the centre of the cup-cake case.

Attach the flower to the top of a lolly stick or craft straw.

If you are using essential oils or a squeeze of juice from an orange, squeeze this onto the cotton wool.

Ta Da! You are ready to practise the 'Flower Breathing' Exercise