

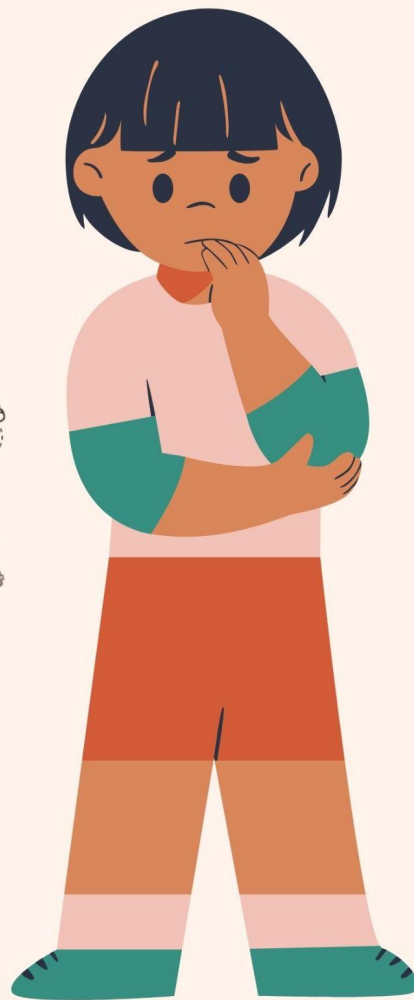
Breathing for a Bad Mood

Yoga Story Episode 6

Breathing for a Bad Mood episode 6



Yoga
stories



BIG QUESTIONS FOR LITTLE HUMANS

DRAGONBUNNYBOOKS.COM 

Breathing for a Bad Mood yoga story episode 6.

One day there was a child who woke up in a really bad mood.

They had a bad breakfast, they had a bad lunch and they even had a bad dinner. Nothing was helping. It wasn't getting any better. In fact, it was only getting worse.

After dinner they went outside to play with their best friend and described how cranky they were.

"Oh! I have an idea." Said the friend.

"Wait here while I get something. We can do an experiment and see if it helps your bad mood."

Ok, they thought. I do like science and experiments. I'm willing to give it a try.

When the friend returned, she was carrying a strange plastic ball with pointy edges called a *hoberman* sphere.

"Watch me. I'm going to breathe in and open the ball and breathe out and close the ball. Then you try."

They took the ball and inhaled and exhaled with it. Things didn't feel much better.

The next time, they breathed a little deeper and as the breath ended, things shifted a little. The third breath they really took their time and breathed in the deepest, slowest, best and fullest breath they could. In ...and... out...

Their shoulders softened a little and their mood shifted a little and the corners of their mouth turned up a little.

Hmmm... that is better they said.

Note: Sometimes when you are in a bad mood you don't realize that you are holding your breath. It's not healthy for your body or your mind. This is something we can do anywhere, anytime and it can help to relieve your bad mood.

Poses to practice:

Long, slow steady breaths in and long slow steady breaths out. Start with 3 and see if you can work towards 10 or more!

Happy Breathing!