

# How To Use Your Dragon Breaths



## 1. Get Ready 🐉

- Find any comfy spot (You can stand, lie down, or sit!)

## 2. Warm Up Your Dragon Fire 🔥

- Breathe in through your nose for 4 seconds
  - Feel your belly grow big like a dragon's

## 3. Release Your Dragon Fire ✨

- Open your mouth and breathe out slowly for 5 seconds
  - Make a "haaaaaah" sound like dragon!
  - Imagine your breath is colorful dragon fire!

## 4. Practice Your Dragon Power

- Do this 5 times
- Each time, imagine your dragon breath is a different color
- Feel yourself getting calmer and stronger with each breath!

## When to Use Dragon Breathing

- Before tests
- When you feel worried
- When you need to calm down
- Anytime you want to feel peaceful!

Remember: Take your time - dragons never rush their breathing! 🐉✨