



# Breathing Tools for Kids

## Power Huh

Have you ever felt nervous or excited before a test or a performance, or maybe you've been so mad you want to scream? That's Vital Energy and sometimes we have too much of it and need to get it out. The Power Huh helps us to release our Vital Energy in a healthy way.

### Instructions

1. Stand with your feet shoulder width apart and hands in front of you.
2. Step slightly forward with one foot.
3. Inhale as you bring your arms up towards your shoulders.
4. Push your arms towards the ground as you exhale a soft "Huh" from your belly (not your throat).
5. Repeat with a medium "Huh" and a loud "Huh."
6. Close your eyes and notice how you feel.

