

BLOW THOSE BUTTERFLIES AWAY

Do you ever get butterflies in your stomach? It's that fluttery, dizzying feeling inside you. Perhaps you feel them fly around the morning before the first day of school? Or when you are heading to a new summer camp where you don't know anyone. Or when your coach has just told you that after the next time-out, you are going to have to play those last few seconds of a tied game.

You feel your breath and heartbeat getting faster as you are both excited and nervous. But those butterflies just won't go away, no matter what.

Here's something you can do to help get that feeling to leave your stomach. You may want to try it a few times at home so when you need to do it in a nervous situation, you know how.

Time Needed: LESS THAN A MINUTE

Location: ANYWHERE

Notice where the butterflies are most crazy. Maybe they are making your head light. Or you feel them in your arms and head. Or your heart. Or stomach. Or all over!

Choose one area and actually think of colorful butterflies. Blue. Red. Yellow. Purple. Beautiful, colorful butterflies!

Now, take a deep breath through your nose.

Pause. And get ready to blow them away.

Then, BLOW those butterflies away by pushing your breath out from your mouth.

Try it again.

Find the butterflies.

Breathe in deep.

Pause and get ready to really blow them away.

Push your breath out from your mouth and imagine those beautiful, colorful butterflies flying far away!

