

# HOT COCOA BREATH



**PRETEND YOU ARE HOLDING A MUG OF HOT COCOA  
BETWEEN BOTH OF YOUR HANDS.**

**BRING THE MUG NEAR YOUR FACE AND TAKE A SLOW DEEP  
BREATH IN, IMAGINING THAT YOU ARE SMELLING THE  
WONDERFUL AND YUMMY CHOCOLATEY SMELL.**

**NOW SLOWLY, TAKE A DEEP BREATH OUT AS YOU  
PRETEND TO BLOW THE HOT COCOA TO COOL IT DOWN.**

**BREATHE IN AS YOU SMELL THE HOT COCOA  
BREATHE OUT AS YOU COOL IT DOWN .**