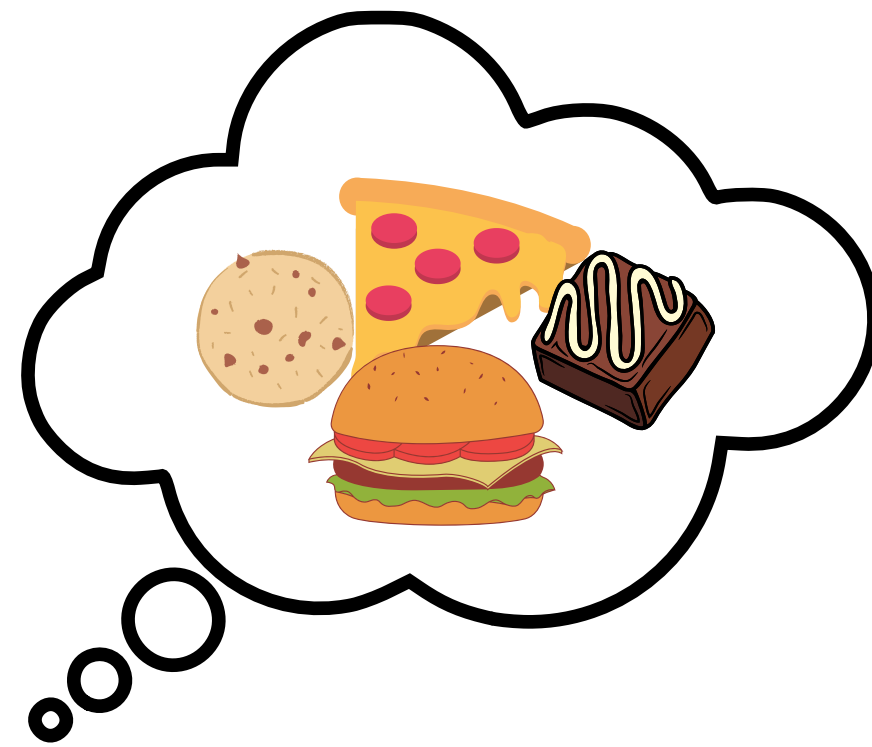


# FAVORITE FOOD IMAGERY

## 1. IMAGINE YOUR FAVORITE WARM FOOD

Close your eyes and think of the yummiest foods. If your brain gets stuck here are some ideas:

- fresh baked cookies
- warm brownies
- burgers on the grill
- hot pizza



## 2. PRETEND TO SMELL YOUR FAVORITE FOOD.

Imagine the food you identified. Take a big inhale, breathing in through your nose, pretending to smell that food.



## 3. COOL THE FOOD DOWN BY BLOWING ON IT.

Pretend the food is too hot to eat. Cool it down by blowing on it. Make an o shape with your lips and slowly breath out through your mouth.



# LET'S PRACTICE

THINK OF YOUR FAVORITE FOOD AND DRAW IT ON THE PLATE. THEN PRACTICE DEEP BREATHING USING THE "FAVORITE FOOD IMAGERY" GAME!

