

# Respira

Breathe



UK panel's choice Year 2017

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Breathe is a dialogue between a little boy and his mother at bedtime. But this dialogue could take place anywhere and at any time of day, because what the book really offers is a collection of illustrated exercises that can help children become more aware of their breathing: Mummy, I can't sleep tonight! Why not? I don't know, my head keeps thinking and thinking. Shall I show you how to breathe? Breathe?! I already know how to breathe. But have you ever stopped to think about how you do it? Where the air goes in and out, does it fill up your chest or your tummy? Do you breathe slowly or are you in too much of a hurry?

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