



The Breathing Adventure at Trou d'Argent

Meunier Anelle



One sunny morning, Chris, Ana, Shia, and Lorie set off on an exciting adventure with their Grandma Elara. They were heading to the beautiful Trou d'Argent, a magical place where the forest met the sparkling sea. Their hearts were full of anticipation for the day ahead.



As they strolled along a sun-dappled path through the lush green trees, a gentle breeze rustled the leaves above them. Grandma Elara smiled warmly at the children and shared a special secret. "Today," she whispered, "I will teach you the magic of breathing!"



Suddenly, a mighty whoooosh echoed through the branches, making the children jump. Grandma Elara grinned mischievously and declared, "Imagine you are a strong, powerful dragon!" She demonstrated a deep breath in through her nose, followed by a loud, forceful blow out through her mouth.



Little Chris puffed out his chest and let out a huge, fiery breath, shouting, "FIRE BREATH!" Everyone burst into joyful laughter, their giggles echoing in the forest. Grandma Elara explained that this strong breath is perfect when they feel angry or bursting with energy.



Further along their path, a soft, harmonious bzzzzzz sound filled the air. Lorie pointed excitedly, "I hear bees!" Grandma Elara nodded, her eyes twinkling, and suggested, "Let's try breathing like a gentle bee now."



She showed them how to breathe in slowly and then release the air with a soft, comforting buzzing sound. The children hummed together, a chorus of gentle "Bzzzzzzzzz..." Grandma Elara explained this calming breath is wonderful for when they feel worried or a little nervous.



Now for bunny breathing!

Near a patch of vibrant green bushes, a fluffy little bunny suddenly hopped out, twitching its nose. Shia clapped her hands with delight, completely charmed by the tiny creature. "Now for bunny breathing!" Grandma Elara announced with a playful twinkle.



The children quickly mimicked her, taking small, quick sniffs through their noses, "sniff sniff sniff!" Grandma Elara explained that this quick, energetic breathing can help them feel less tired and give them a burst of fresh energy. They felt a new bounce in their steps.



Finally, as they approached the rocky coastline, they spotted a long, elegant snake resting peacefully on a warm stone. Ana whispered, mesmerized, "It looks so incredibly calm." Grandma Elara gently guided them into "snake breathing."

Remember, your breath is your power.



They all breathed in slowly and then exhaled with a long, soft "ssssssss" sound, mimicking the serene snake. The gentle rhythm of their breathing blended with the soothing sound of the ocean waves crashing nearby. Grandma Elara reminded them, "This helps us relax and feel truly peaceful." The children sat by the sparkling sea, feeling happy, strong, calm, and ready for anything. Grandma hugged them, saying, "Remember, your breath is your power."

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