**Proposed Content for MVP ‘Breath with Kitty’ Application**

**Content includes:**

* Tips for getting the most from the app
* Explanation of what ‘Breathe with Kitty’ is
* Instructions on diaphragmatic breathing (breathing from the belly)

**(include vectors/visual icons/ screenshot alongside the instructions)**

**What is ‘Breathe with Kitty’?**

Hello XXXXX (name of person). The Breathe with Kitty animation takes you through a deep breathing exercise which can help to reduce feelings of anxiety and make you feel more relaxed. Breathing slowly like this will make you feel calmer/ and you can practice breathing with Kitty anywhere you like.

**Tips for using the app**

* You can use the app whenever you are feeling anxious, but you will feel better and less worried if you can use it every day.
* You can use the app standing up, sitting in a chair that supports your back, or lying on a bed or mat on the floor. Try to choose a special place where you feel comfortable.
* Try to play the game for at least two minutes so that you will feel calm and relaxed. If you can stay for 5 minutes, even better! The longer you play, the calmer you will feel.

**Breathing instructions**

**Breathing with Kitty is easy. When she’s feeling worried or upset, Kitty takes slow, deep breaths that make her belly move up and down. This helps her to feel more calm and relaxed. To breathe like Kitty, you need to:**

* First take a normal breath in and out.
* Now try a deep breath: put your hands on your tummy and take a big breath in slowly. Feel your belly pull away from your hands.
* With your hands still on your belly, breathe out through your mouth. You should feel your belly push against your hands.
* Do the same again, breathing in with your hands on your belly. This time, try to breathe out from your nose (you can keep breathing through your mouth if you prefer). You should feel your belly press against your hands. This means that you are breathing deeply.
* That;s it! Well done! You are now ready to start playing. After each game, you will win a gold star. If you play the game for five minutes, you win more stars!
* The game will keep playing until you press stop.