

## belly breaths



put one hand on  
your chest.

put the other  
hand on your  
belly.

close your eyes.

count to 3 while you  
take a deep breath in.

count to 3 while you  
take a breath out.

focus on how your hands  
move.

## balloon breaths



start  
with both  
hands on  
your chest.

take a deep  
breath in.

let your arms stretch  
outward in to a  
circle.

like you're blowing up  
a balloon!

squeeze your arms back  
into your chest and  
breath out.

like you're squeezing  
the air out!

3 - 6 - 9

starting at your wrist,  
wrap your hand around.  
big breath in 1 - 2 - 3  
squeeze arm lightly

HOLD  
4 - 5 - 6



breath out 7 - 8 - 9  
slowly soften squeeze  
move hand up. repeat.  
repeat 3 - 4 times  
moving from wrist to  
elbow.  
repeat on other arm!

## stop and smell the flowers

pretend to pick  
a flower

close your  
eyes and  
see it!



what kind is it? what  
does it look like? what  
shape are the petals?  
what does the middle  
look like? how long is  
the stem? are their  
leaves? how many?

smell the flower. deep  
breath in.  
hold 1 - 2  
breath out

5 - 4 - 3 - 2 - 1

take deep breaths  
whisper into your hand

5



4



3



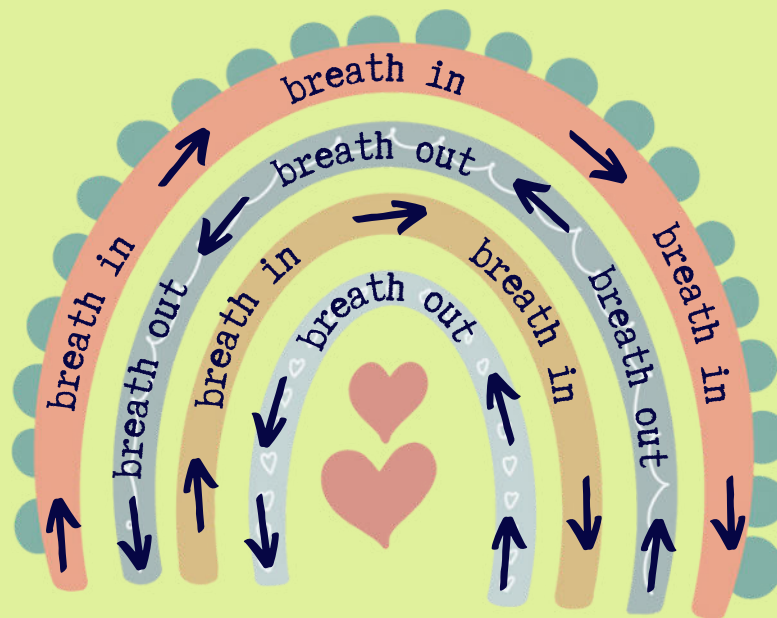
2



1

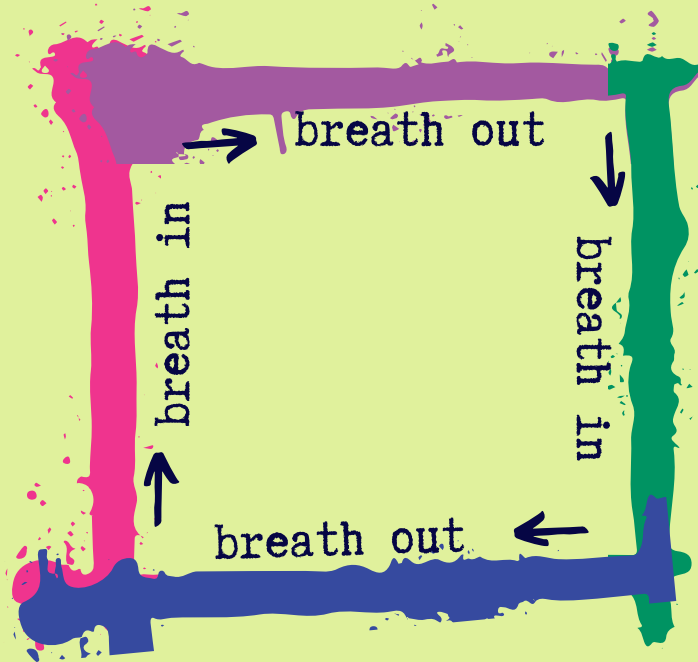


rainbow breaths



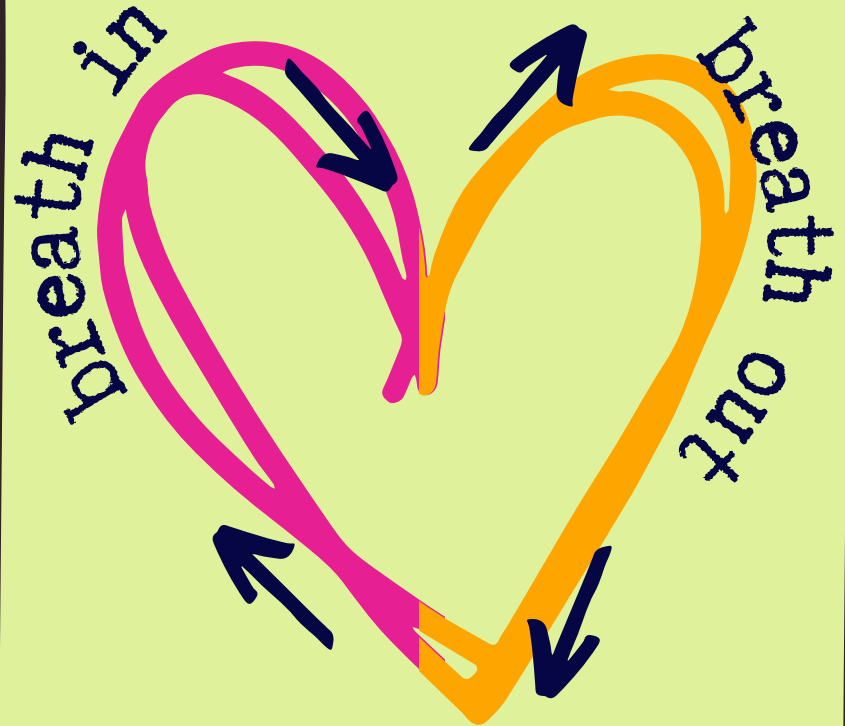
trace or  
draw with your finger  
on the table  
or your arm

## square breathing



trace or  
draw with your finger  
on the table  
or your arm

## heart breathing



trace or  
draw with your finger  
on the table  
or your arm

## butterfly breaths

put your hands on your  
shoulders, elbows out.



deep breath in,  
raise elbows.

breath out, lower  
elbows.

## superhero breath

put your hands on your  
hips. feet apart.



deep breath in,  
count to 3

breath out,  
count to 3.



## tree breathing

put your arms straight  
out like a T.

bring one foot up to  
balance on one leg.

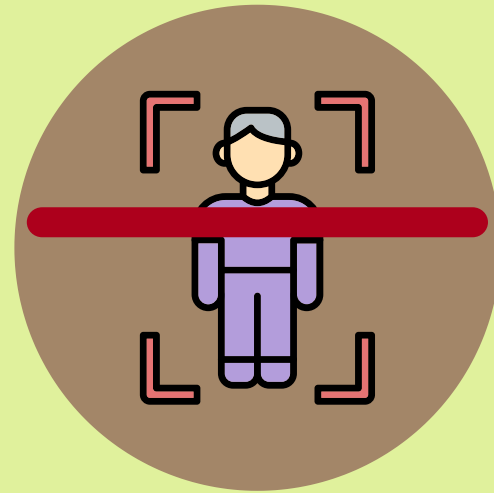


deep breath in,  
raise elbows.

breath out, lower  
elbows.

## body scan

sit quietly.  
focus on your breath  
and each part of  
your body.



start at your eyes  
move to the next  
part of your body.

## draw a rainbow

put your arms straight  
out like a T.

as you breath in deep,  
raise your arms  
straight above your  
head.



breath out as your  
bring your arms back  
dow

## two hand drawing

put both hands in  
front of you.  
start to draw a shape.  
see if both hands can  
follow and make the  
same shape.

