

5-5-10 BREATHING

- Breathe in for 5, hold for 5 and breathe out for 10.
- Use your finger to track your breathing.
- Place your finger on the first **5** as you **BREATHE IN**, then the second **5** as you **HOLD YOUR BREATH**, and the **10** as you **BREATHE SLOWLY OUT**.

BREATHE
IN

HOLD

BREATHE
OUT

5



5



10

5



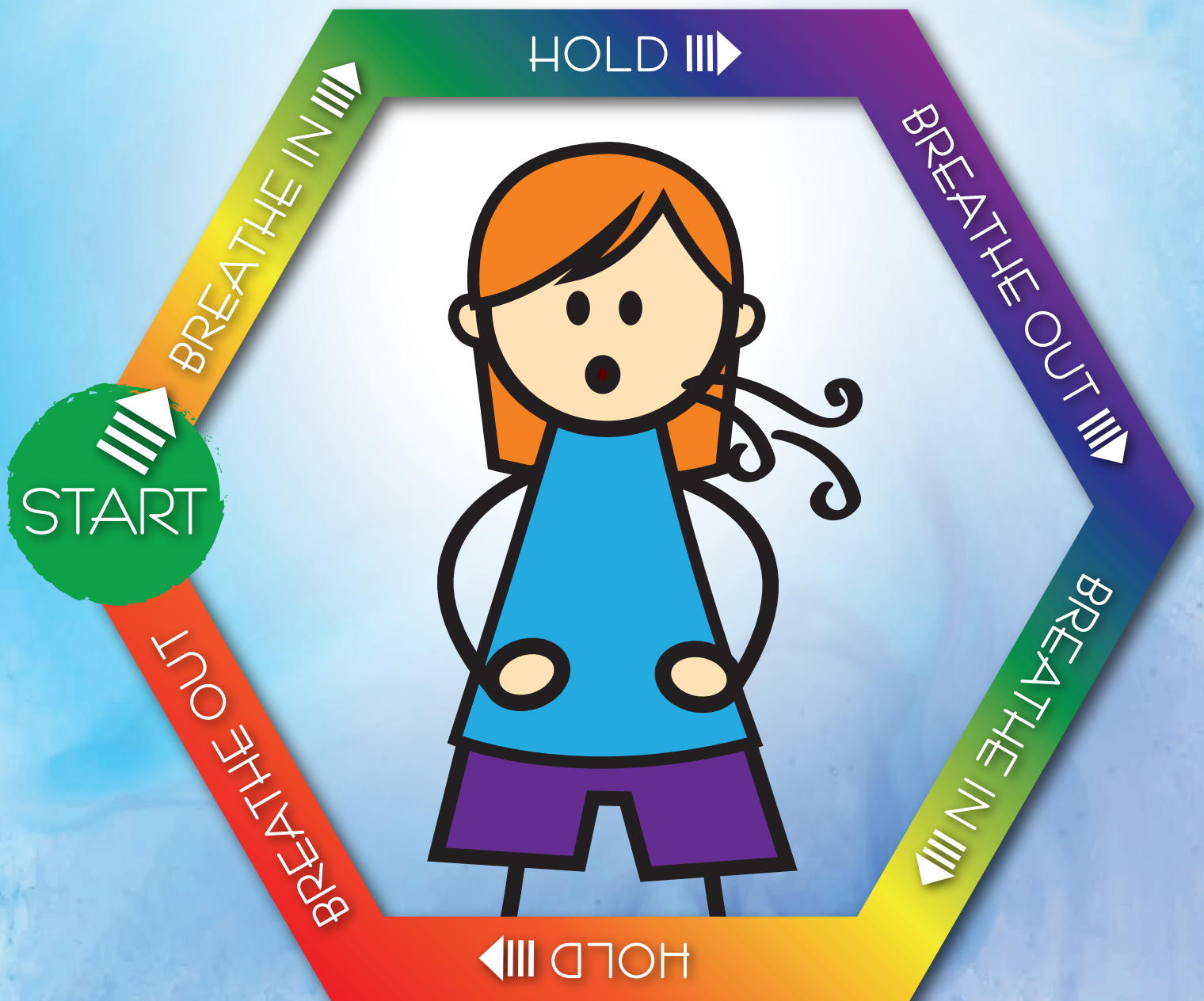
5



10

6-SIDED BREATHING

- Start at the left hand side of the hexagon.
- Trace your finger over the "breathe in" side as you take a deep breath in.
- Hold your breath as you trace the second side of the hexagon.
- Breathe out as you trace the third side of the hexagon.
- Then repeat for the bottom part of the hexagon.



BOX BREATHING



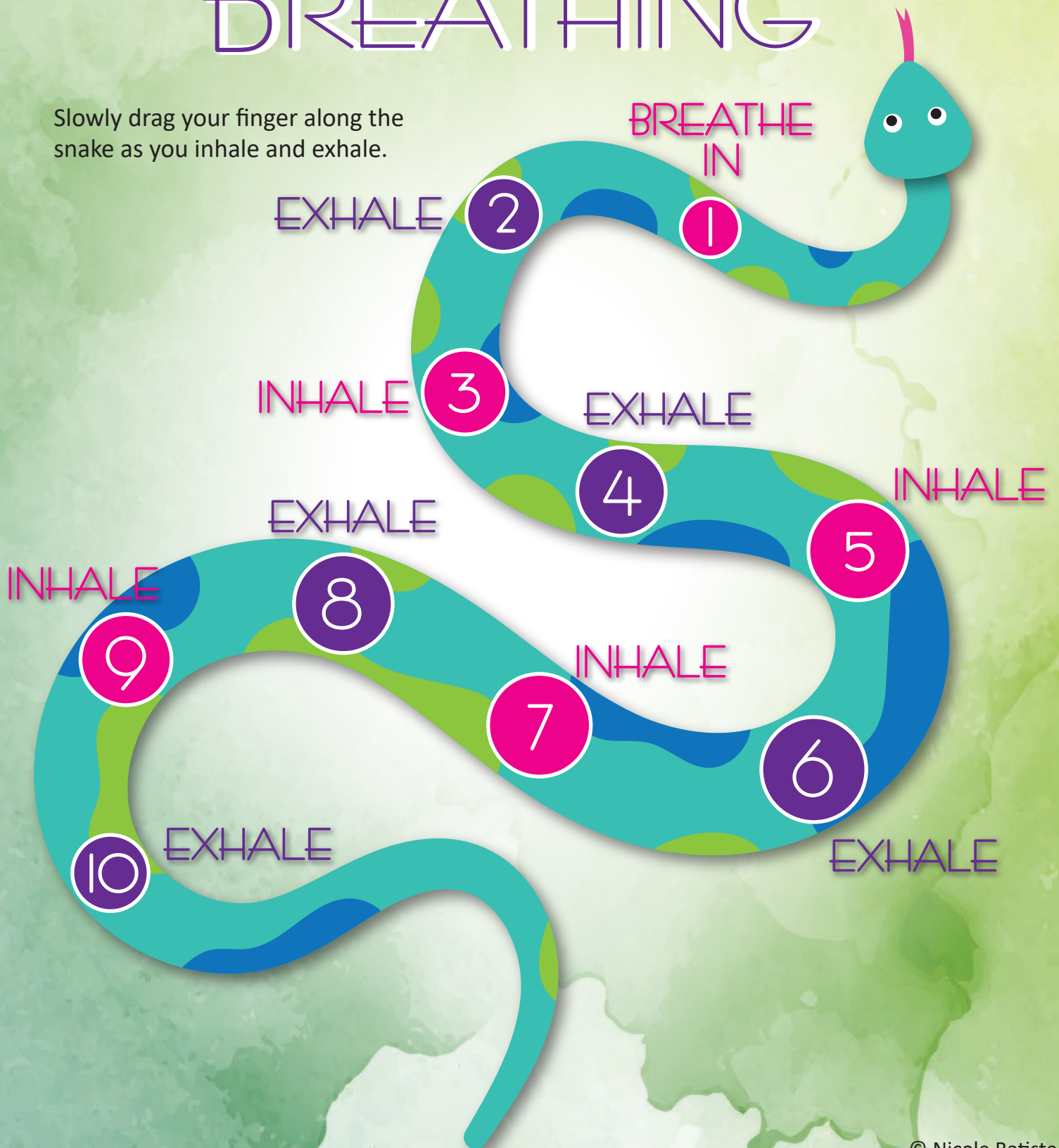
COUNT DOWN BREATHING



- Place your finger on the 10 dot, take a deep breath, and slowly release it.
- Move your finger and count down slowly to 1.
- Remember to breathe in and out on each dot.

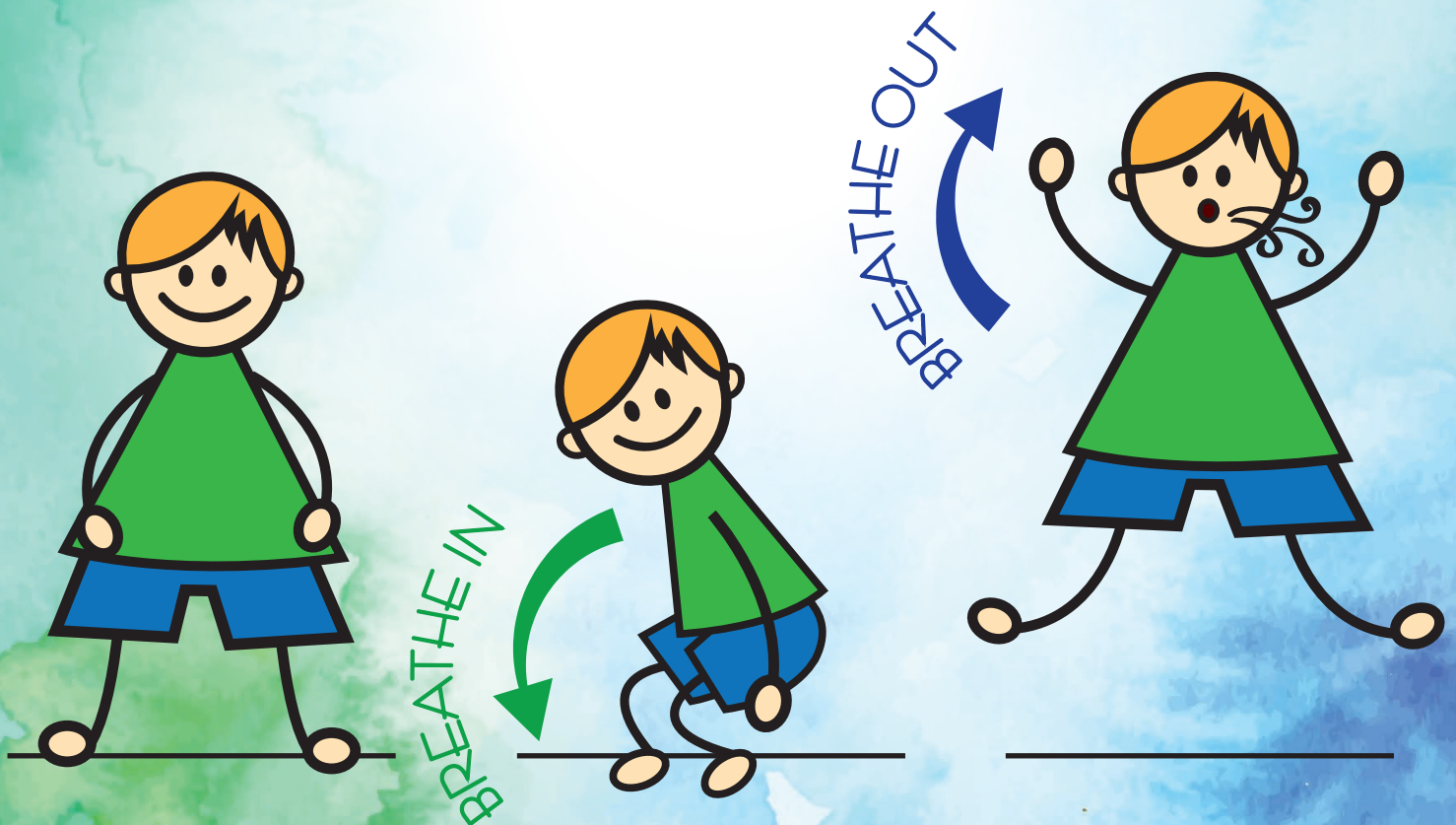
COUNT TO TEN BREATHING

Slowly drag your finger along the snake as you inhale and exhale.



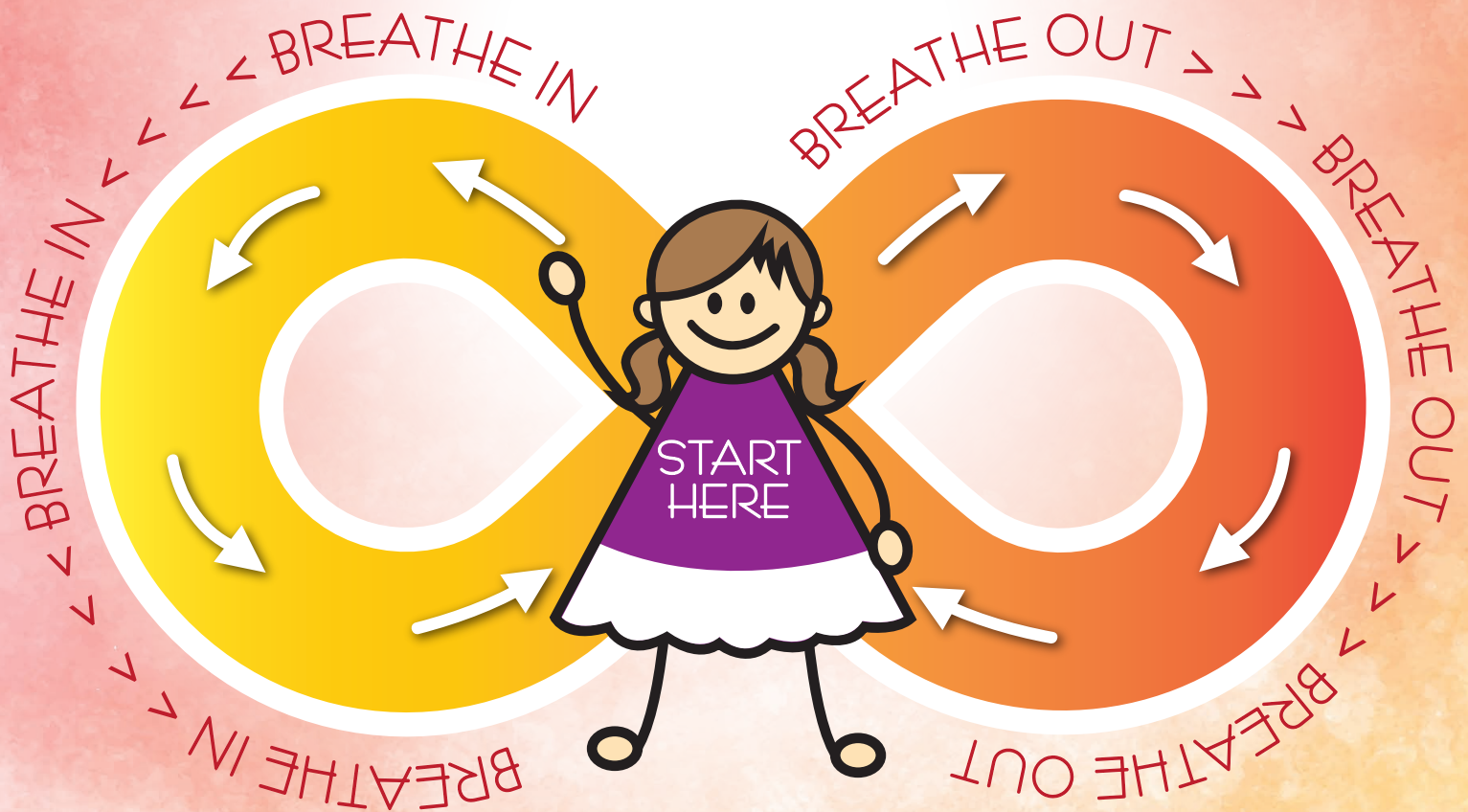
EXPLOSION BREATHS

- Start in a standing position.
- Breathe in as you crouch down.
- Then jump up, spreading your arms and legs as you breathe out.



LAZY 8 BREATHING

- Start with the eight on its side and start in the middle.
- Go up to the left and trace the left part of the 8 with your finger while you breathe in.
- When you get to the middle of the eight again, breathe out while you trace the right part of the 8 with your finger.



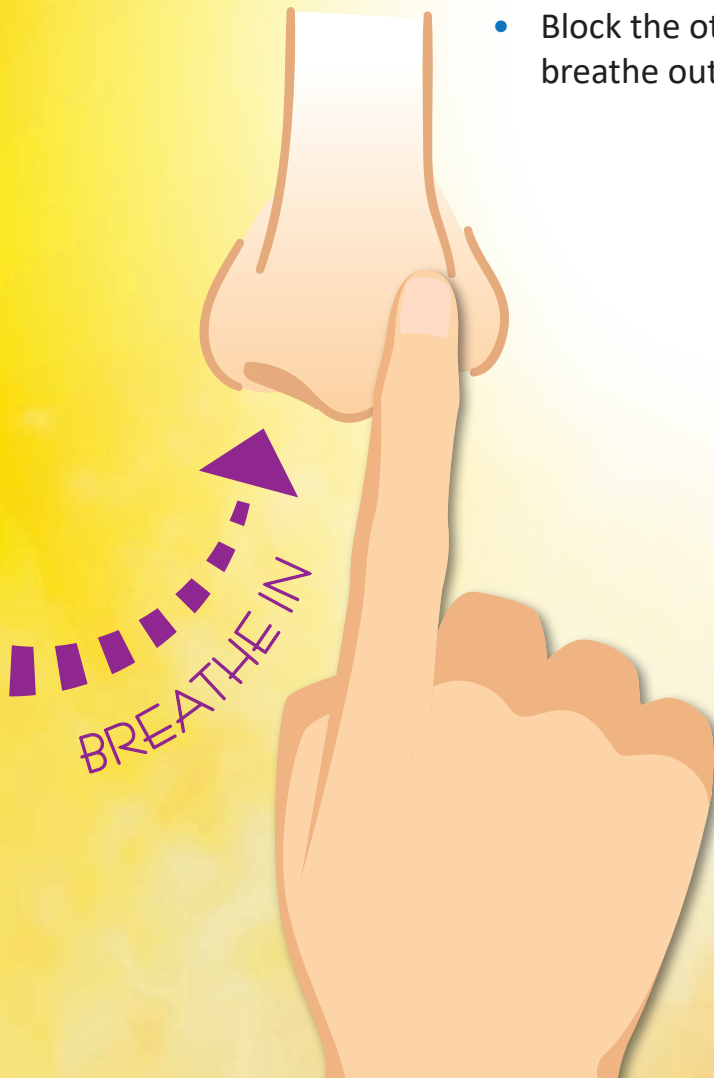
MAKE A RAINBOW BREATHING

- Arms start at the side of your body.
- Arms go up as you breathe in and go down as you breathe out (arms make a rainbow).



NOSTRIL BREATHING COWABUNGA BREATHING

- Block one nostril and breathe in for 5 seconds.
- Block the other nostril and breathe out for 5 seconds.



STAR BREATHING

- Start at any “Breathe In” side on the star.
- Trace your finger over the "breathe in" side of the point.
- Hold your breath when your finger gets to the tip of the point.
- Breathe out as you trace your finger over the other side of the point.
- Keep going until you reach where you started.
- When you trace the whole star, you will have completed 5 DEEP BREATHS!



VOLCANO BREATHS

- Pretend your hands and arms are like lava flowing from a volcano.
- Start with your hands in front of your heart, with palms touching.
- Keeping your hands together, reach straight up and breathe in.
- Separate your hands and move your arms down to your side and breathe out.



RAINBOW BREATHING

- Trace your finger halfway up the rainbow while breathing in slowly.
- Once your finger has reached the top of the rainbow, breathe out as you drag your finger down.
- Do this on each color of the rainbow.



ZIG ZAG BREATHING

- Follow the zig zag line.
- Breathe in as you follow the line up and breathe out as you follow the line down.

