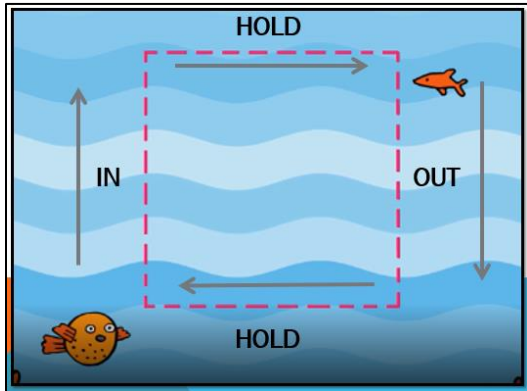


Breathing Strategies

Use the below strategies to help you breathe deeply and slowly. Deep breathing can help calm your body and lower stress levels.

Square Breathing



GUIDANCE –

- ***Breathe in** as you trace up a square item.
- ***Hold your breath** as you go across.
- ***Breathe out** as you trace down the item.
- ***Hold your breath** as you go across.

Watch a guided breathing video from www.stopbreathethink.com/kids/.

Balloon Breaths

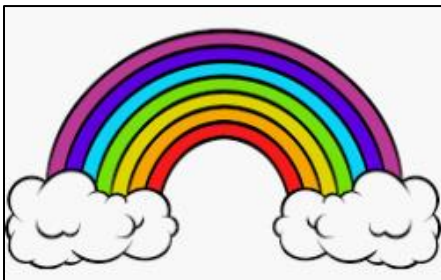


GUIDANCE -

- *Place your hands on top of your head with your fingers interlocked.
- ***Breathe in** through your nose as you raise your arms to 'inflate.'
- *When your *balloon* is full, lower your arms as you **slowly breathe out** and 'deflate.'

Learn more at www.consciousdiscipline.com

Rainbow Breath

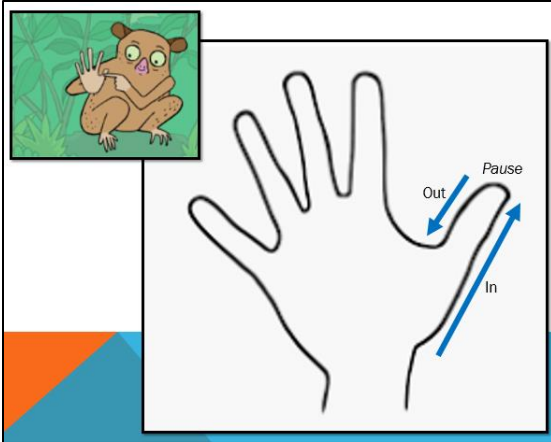


GUIDANCE –

- *With your arms next to your sides, slowly **breathe in** as you lift your arms, palms up.
- *Pause at the top, touching your hands together.
- *Slowly **breathe out** as you lower your arms, palms down.

Watch a guided breathing video at www.qonoodle.com

Five Finger Breathing

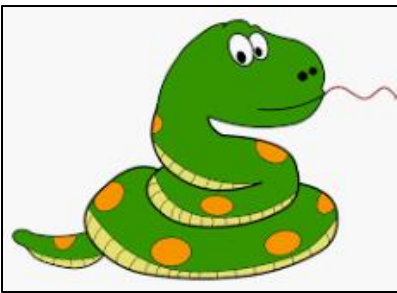


GUIDANCE –

- *Slowly **breathe in** as you trace up your finger.
- *Pause at the top.
- *Slowly **breathe out** as you trace down your finger.
- *Pause at the bottom.
- *Continue, until each finger is traced.

Watch a guided breathing video from www.stopbreathethink.com/kids/ or www.yomind.com/justme

Snake Breathing

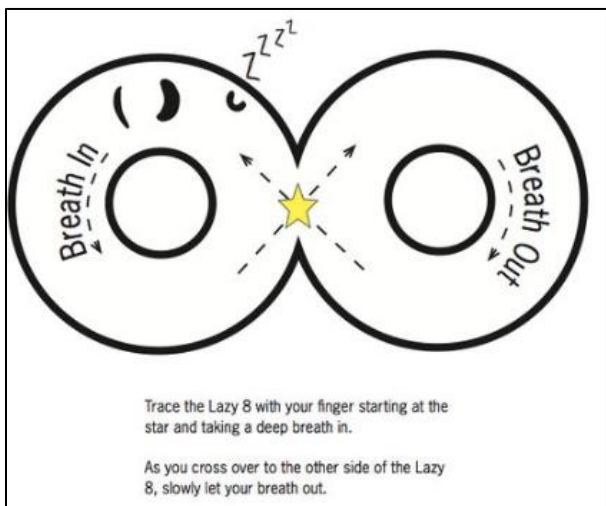


GUIDANCE –

- *Slowly **breathe in** through your nose filling your entire belly.
- ***Breathe out** through your mouth while making a “Ssss” sound. Hold it as long as you can.

Read more from the book, *Breathe Like a Bear*.

Lazy 8 Breathing



GUIDANCE –

- *Trace the Lazy 8 with your finger starting at the star and taking a deep **breath in**.
- *As you cross over to the other side of the Lazy 8, slowly let your **breath out**.

Learn more from www.zonesofregulation.com