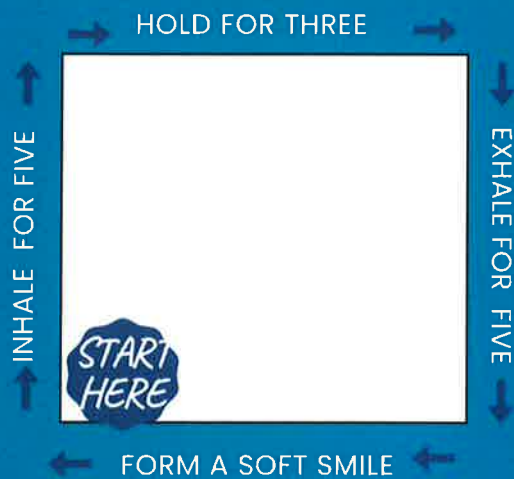


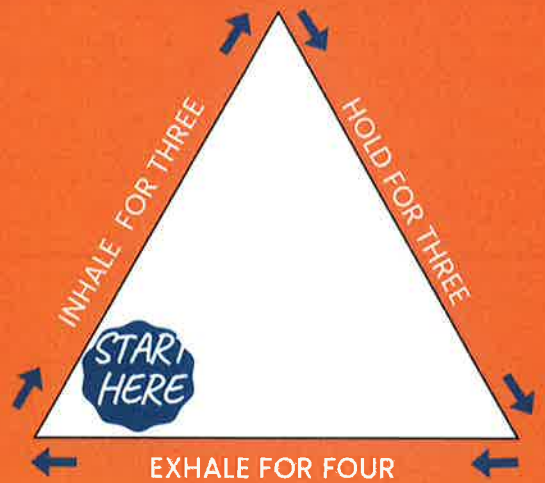
Breathing Boards

Breathing boards are designed to provide children with a visual cue that helps them maintain focus and learn the correct breathing technique. It can be difficult for young children to focus their attention on just their breath. This is especially true if your child is feeling overwhelmed, anxious, or fearful. Use these shapes to help you complete one full breath. Trace the shapes with your finger as you breathe. There are eight large size breathing boards on the pages that follow.

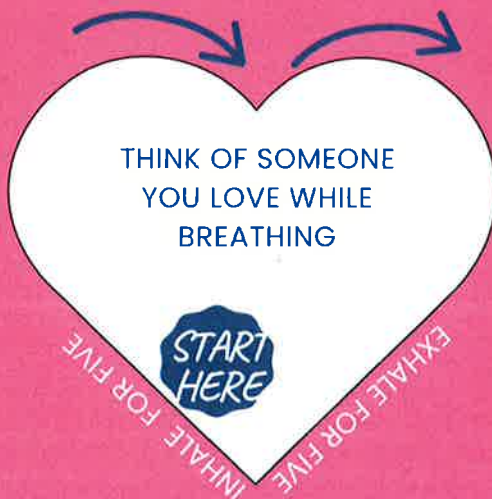
SQUARE BREATHING



TRIANGLE BREATHING



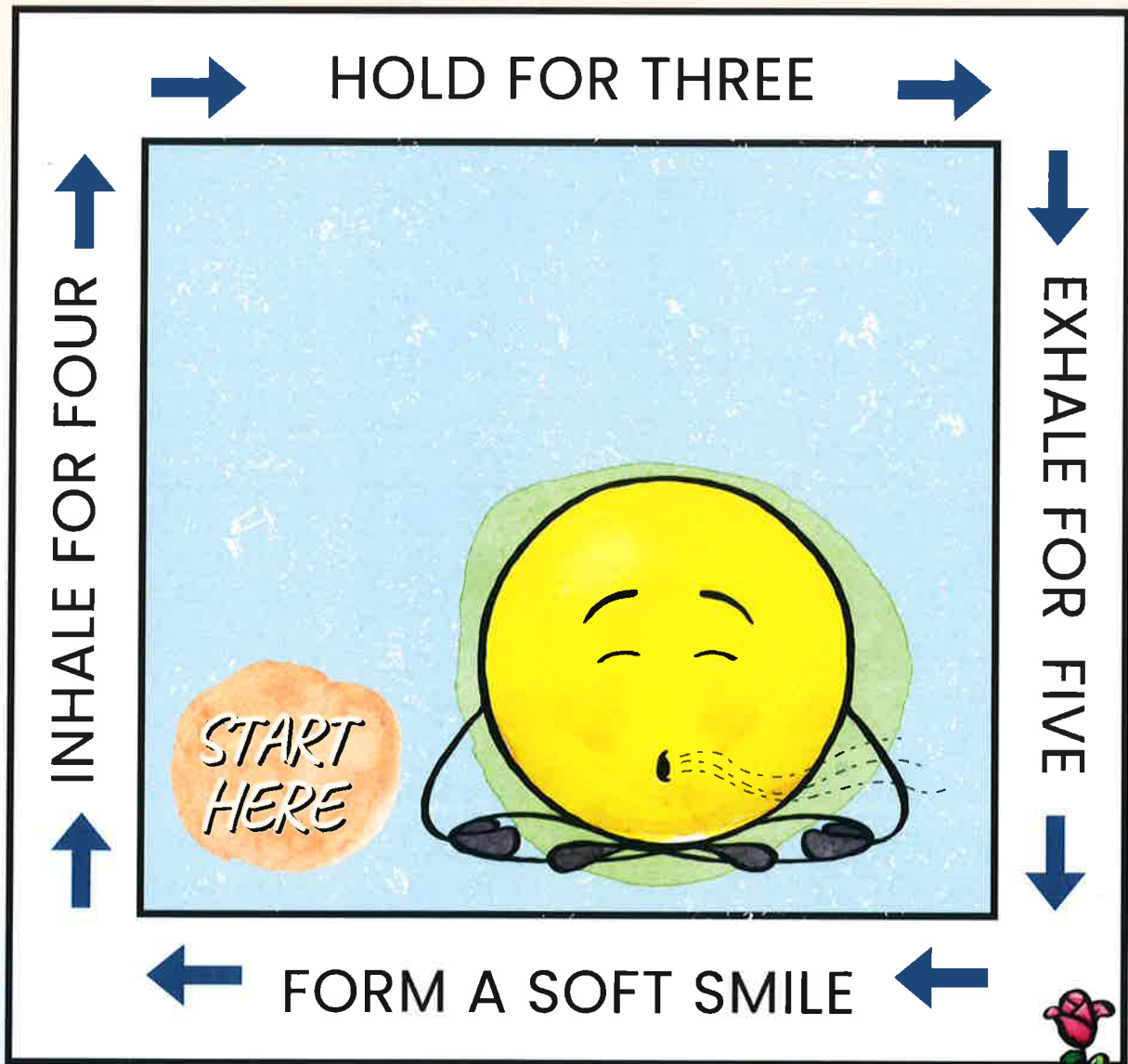
HEART BREATHING



STAR BREATHING



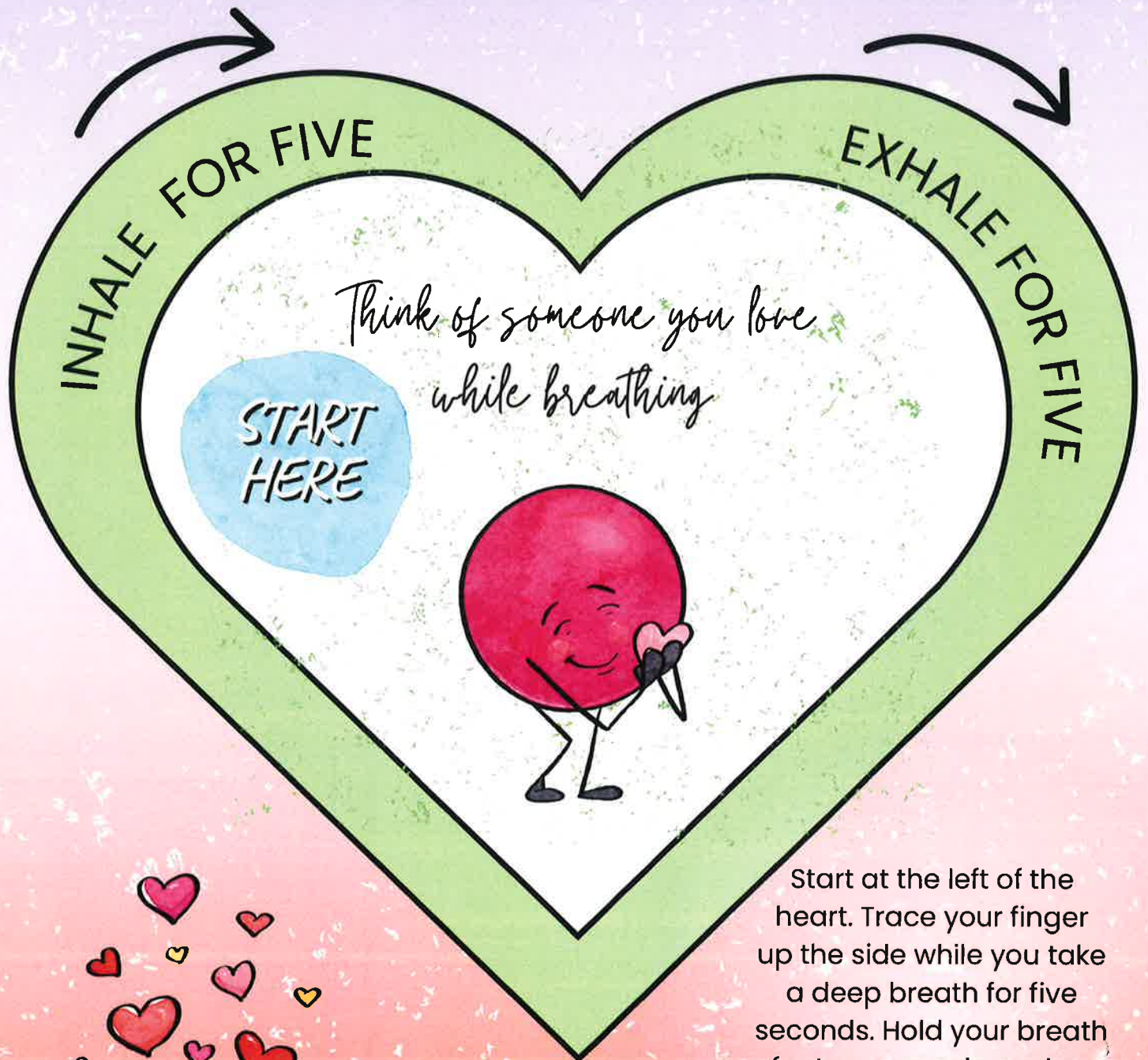
SQUARE BREATHING



Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds, as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

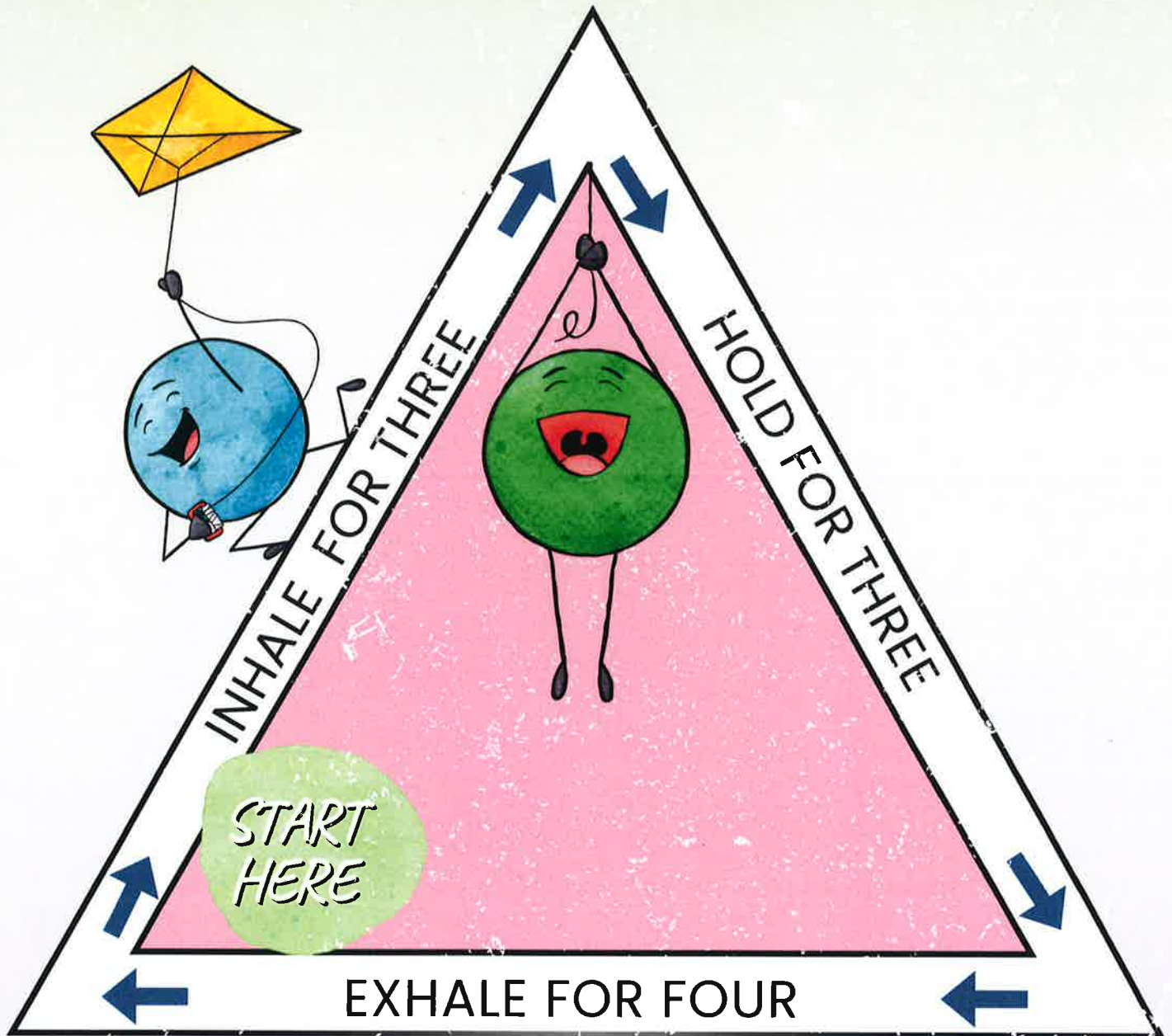


HEART BREATHING



Start at the left of the heart. Trace your finger up the side while you take a deep breath for five seconds. Hold your breath for two seconds, and as you trace, the second side of the heart breathe out for five seconds.

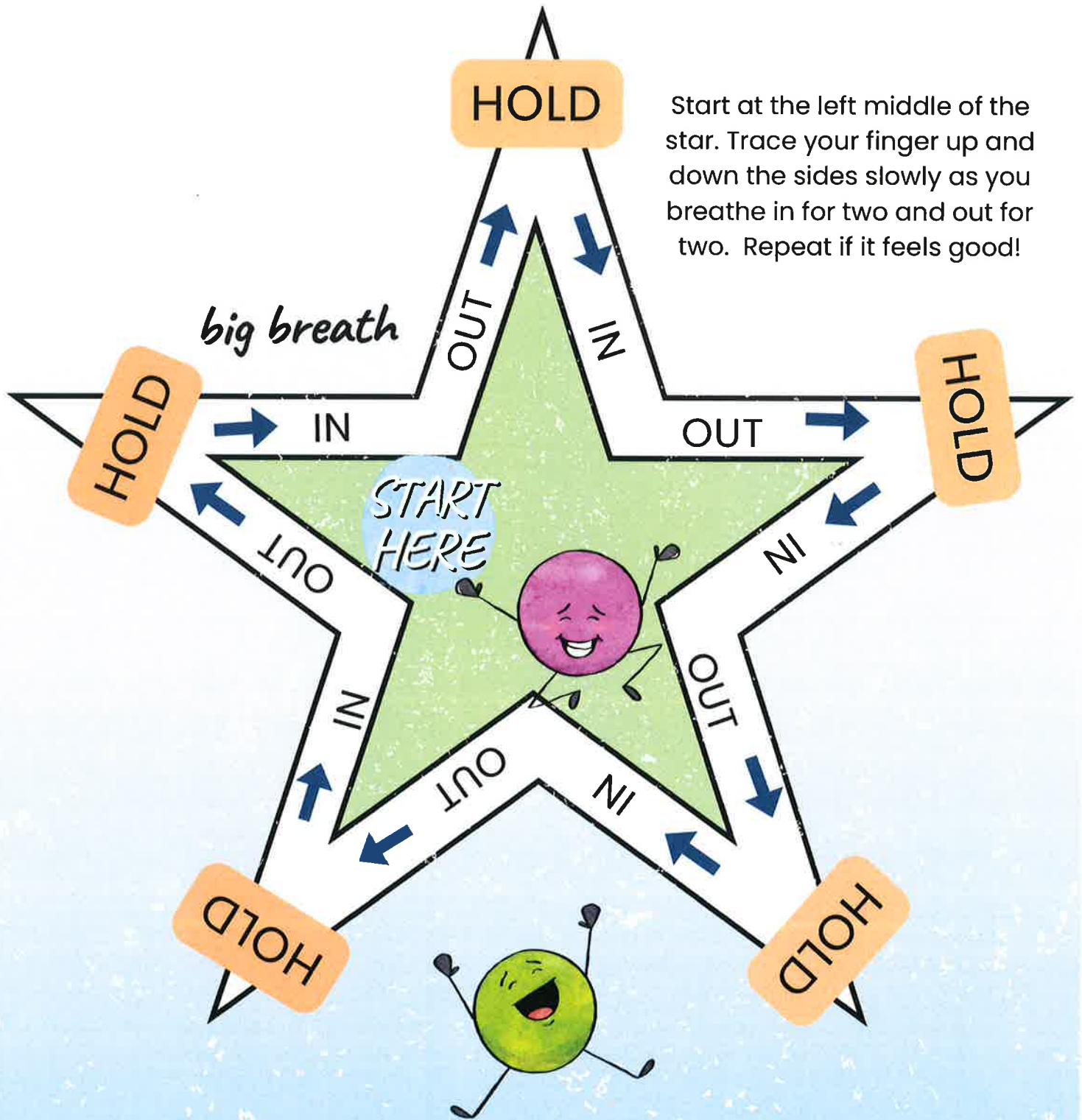
TRIANGLE BREATHING



Start at the bottom left of the triangle. Trace your finger up the side while you take a deep breath for three seconds. Hold your breath for three seconds as you trace the second side of the triangle. Finally, exhale for four seconds as you trace the bottom side of the triangle.

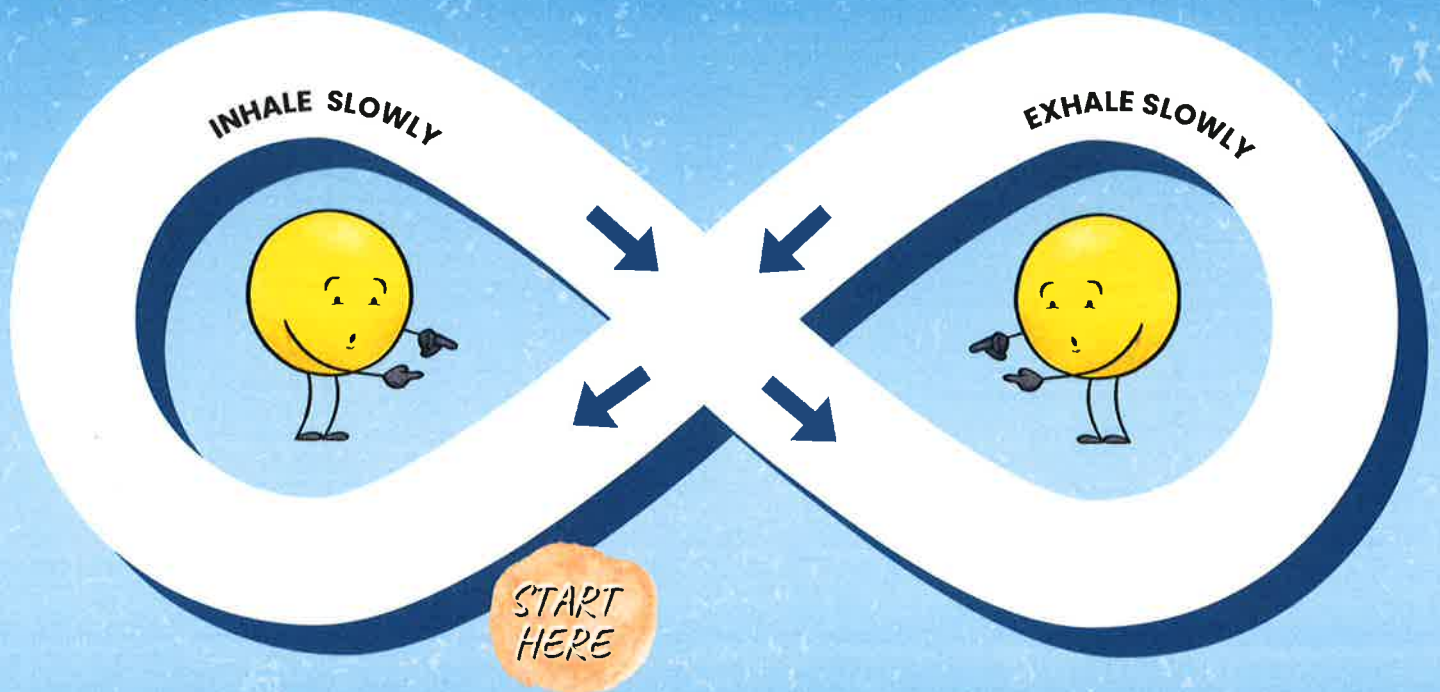
Repeat as many times as feels good.

STAR BREATHING



LAZY 8 BREATHING

Trace the first half of the Lazy 8 with your finger as you breathe in deeply. When you get to the middle of the 8, hold briefly before tracing the second half of the 8 while exhaling.



keep breathing
everything will
be okay...

SUN BREATHS

Trace the sun rays with your finger as you breathe in and out!

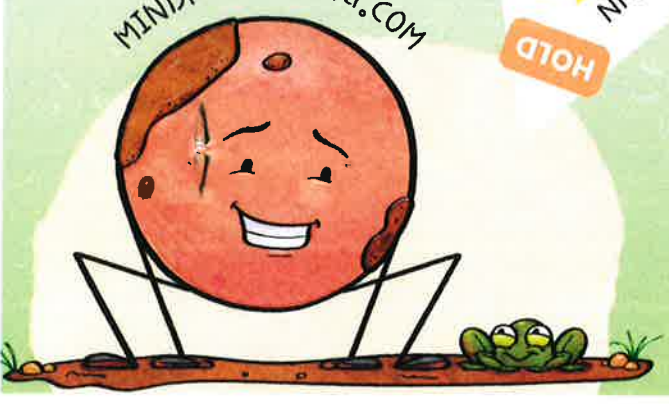
Ready to feel calmer, more focused, and relaxed?

START HERE

soften your face,
relax your
shoulders, and
smile!



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3 STEPS FOR DEEP BREATHING

*START
HERE*



*Look up to the sky and take
three big breaths*



*Breathe down to the
bottom of your shoes*



*Exhale all the way up to
the top of your head*

If it feels good, repeat!

COLOR BREATHING

Close your eyes and imagine your anxiety/anger/fears/worries as a color. Now take a deep breath in and blow all those worries out. Is your anger red? Imagine blowing the color red out of your body for a count of three. Now, breathe in a healing, warming, happy color. Imagine this healing light travelling all around the inside of your body. Does blue make you smile? Well, breathe it in for a count of three. Keep doing this until all your worries are gone and you are left filled with a bright, calming light.

Blue (calming)



Red (anger or anxiety)



Green (happy)



*If it feels
good, repeat!*

