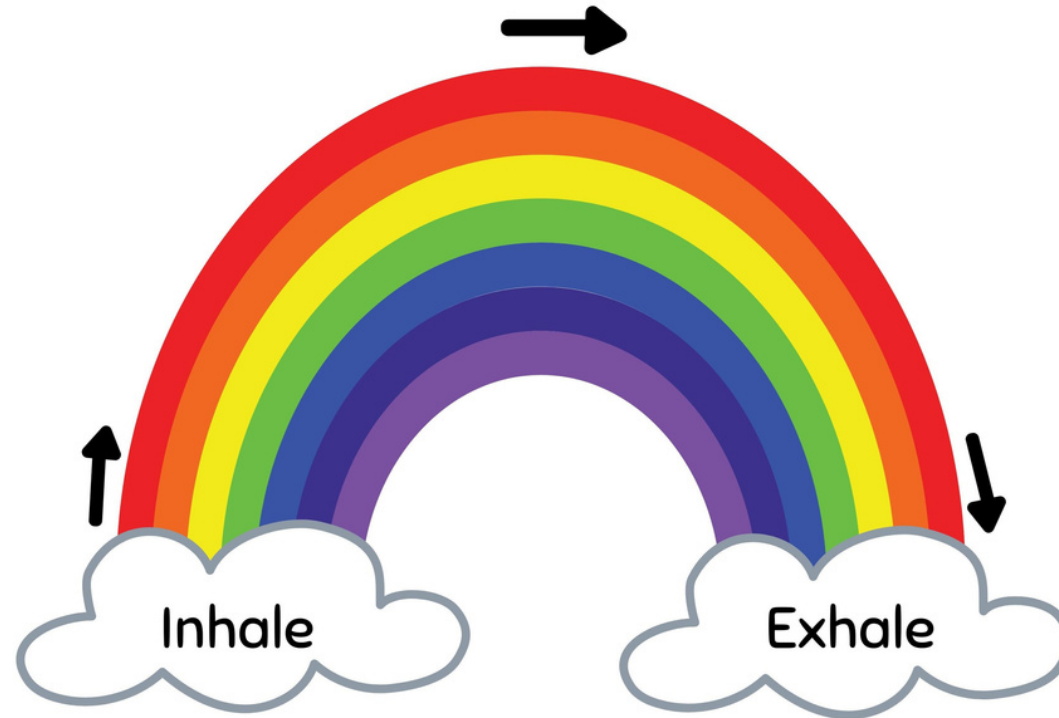


# RAINBOW

## BREATHING EXERCISE



Place your finger on the left cloud under the red arc.

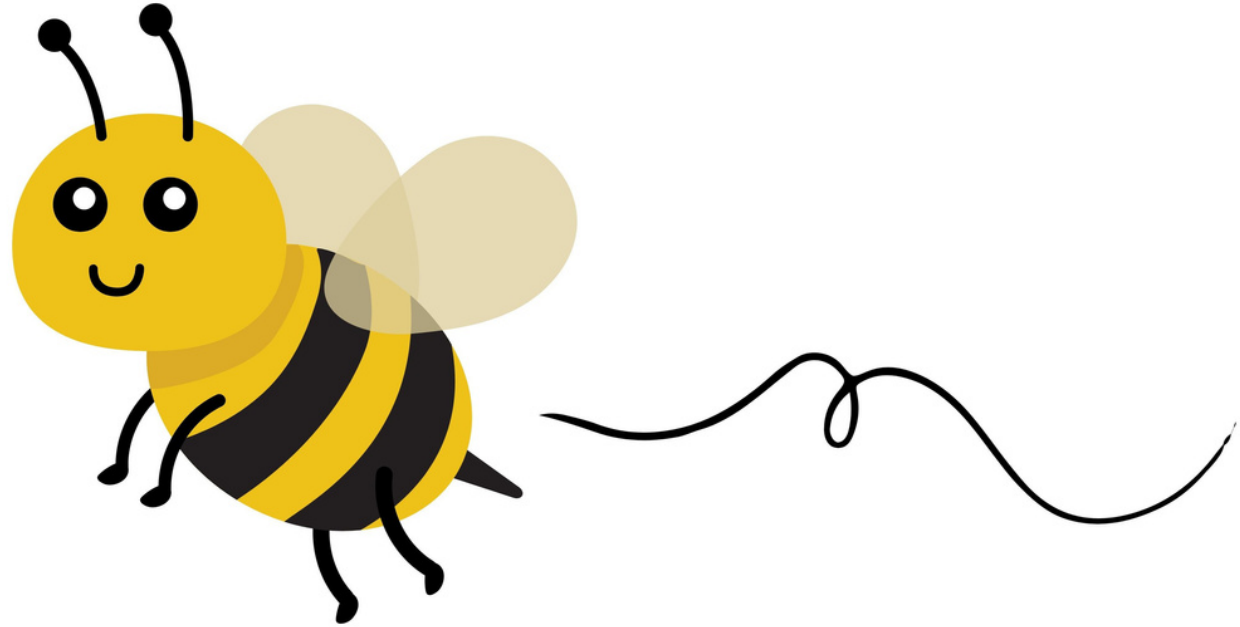
Next, take a deep breath through your nose as you trace the red arc to the right.

Now exhale through your nose as you trace the red arc to the left.

Repeat this with the rest of the six colors or until you feel calmer and more focused.

# BUMBLE BEE

## BREATHING EXERCISE



Sit down on the floor or chair.

Next, place your palm over your eyes and close your eyes.

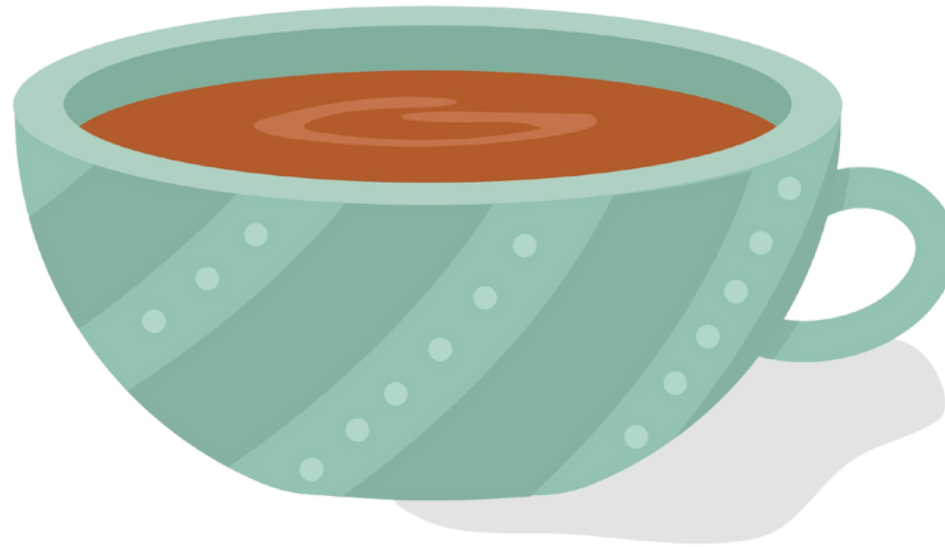
Take a deep breath through your nose while keeping your mouth closed.

Hold your breath for a count of 4.

Exhale through your nose while humming like a bee for a count of 5.

# HOT CHOCOLATE

## BREATHING EXERCISE



Imagine you are holding a warm cup of hot chocolate.  
Breathe in deeply through your nose to smell the creamy, sweet scent of chocolate.  
Breathe out slowly through your mouth to cool the hot chocolate.

# BUTTERFLY

## BREATHING EXERCISE



Imagine you are a butterfly flapping your broad, delicate wings.  
Take a deep breath as you open your wings by stretching your arms outwards gracefully.  
Flap your wings inwards as you breathe out slowly.  
Repeat this until you feel focused and calm.

# LEMON

## BREATHING EXERCISE



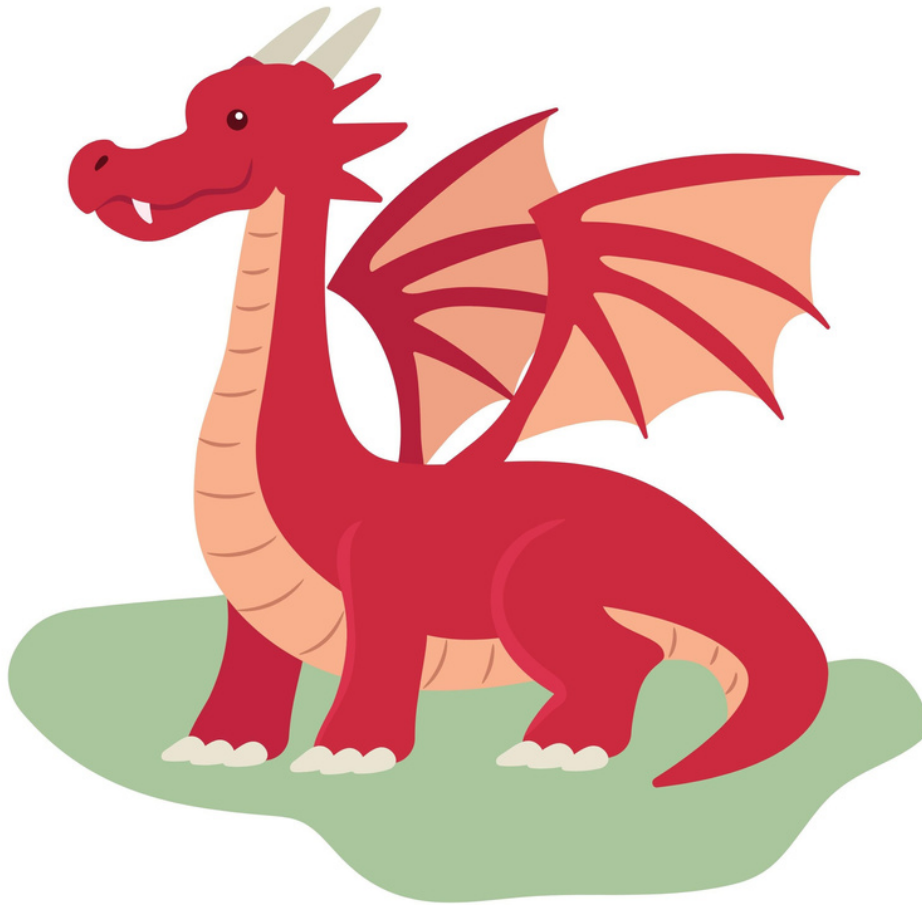
Visualize yourself holding a fresh lemon on each of your hands.

Pretend you are making lemon juice.

Take a deep breath for a count of 3 as you squeeze the lemon and imagine the lemon juice oozing out. Breathe out for a count of 3 and relax your hands and arms.

# DRAGON

## BREATHING EXERCISE



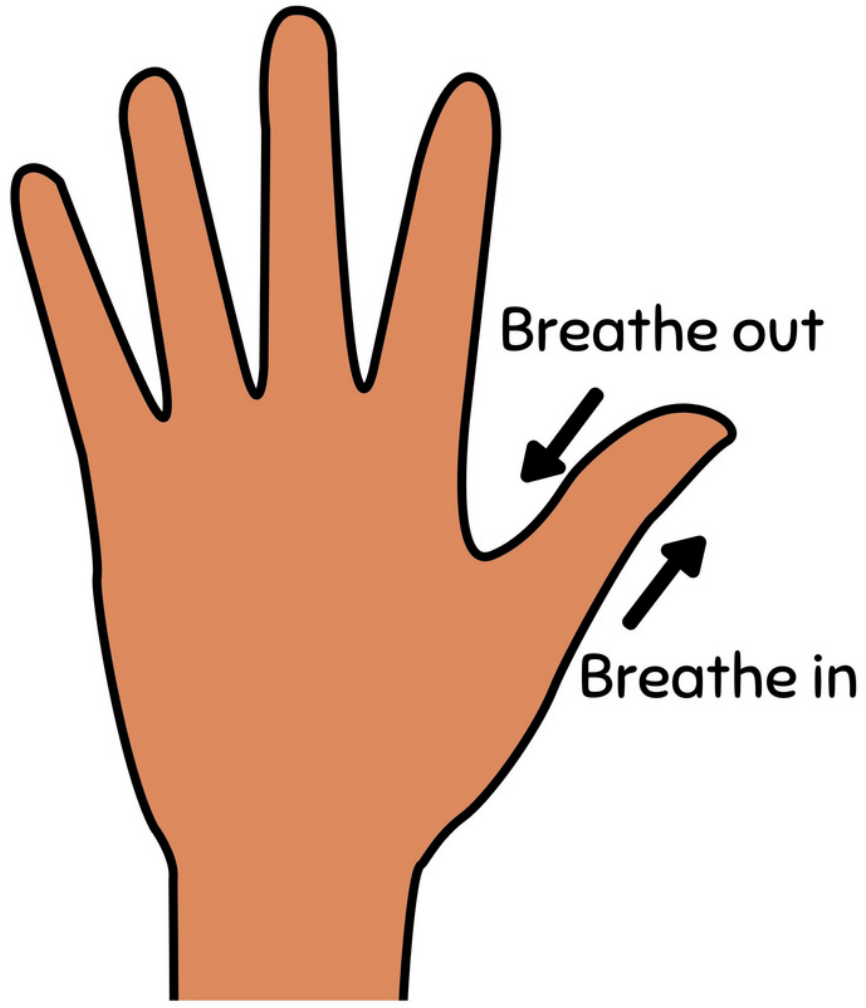
Imagine you are a dragon breathing out fire.

Take a deep breath and feel your belly filling up with air while raising or stretching your arms to lift your wings.

Exhale from your mouth, and lift your head while roaring like a dragon to breathe out fire.

# TAKE FIVE

## BREATHING EXERCISE



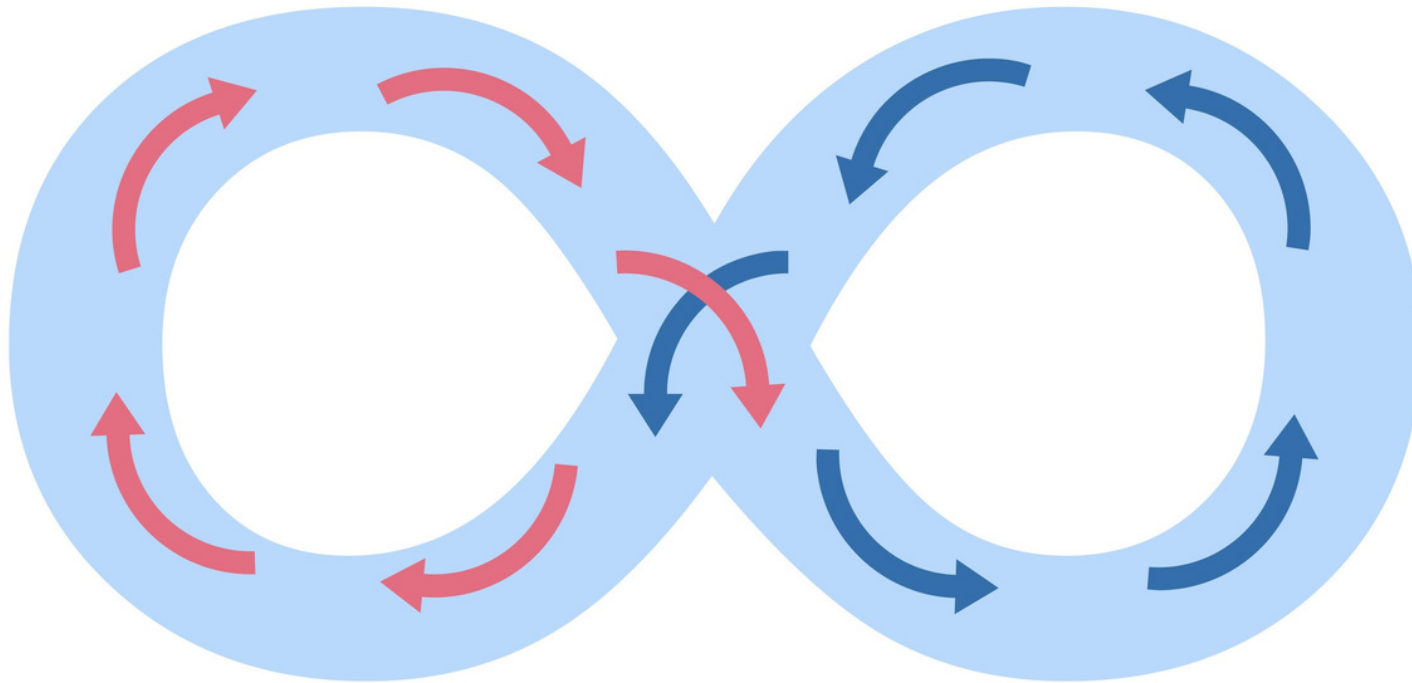
Open one palm and place it in front of you. Using your pointer finger, trace your palm.

Breathe in as you trace upwards. Breathe out as you trace downwards.

Repeat this for the other 4 fingers or until you feel calm.

# FIGURE 8

## BREATHING EXERCISE



Use your finger to trace figure 8 above.

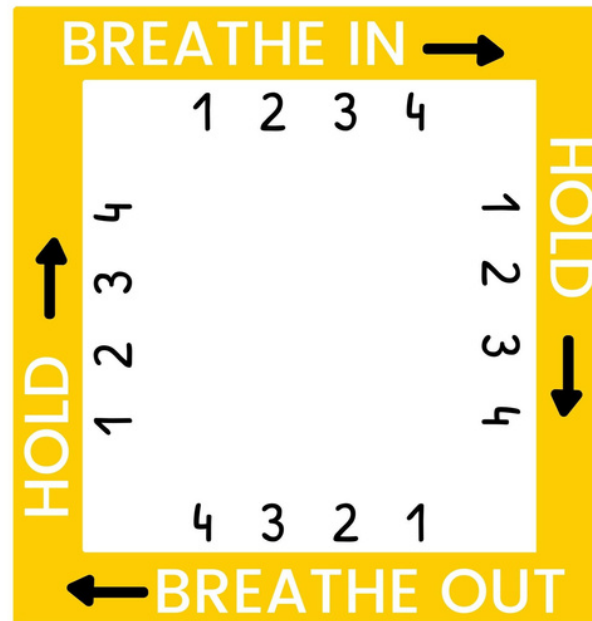
Breathe in when you are tracing the pink arrows on the left.

Breathe out when you are tracing blue arrows on the right.



# SQUARE

## BREATHING EXERCISE



Use your finger to trace the square.

Breathe in for a count of 4.

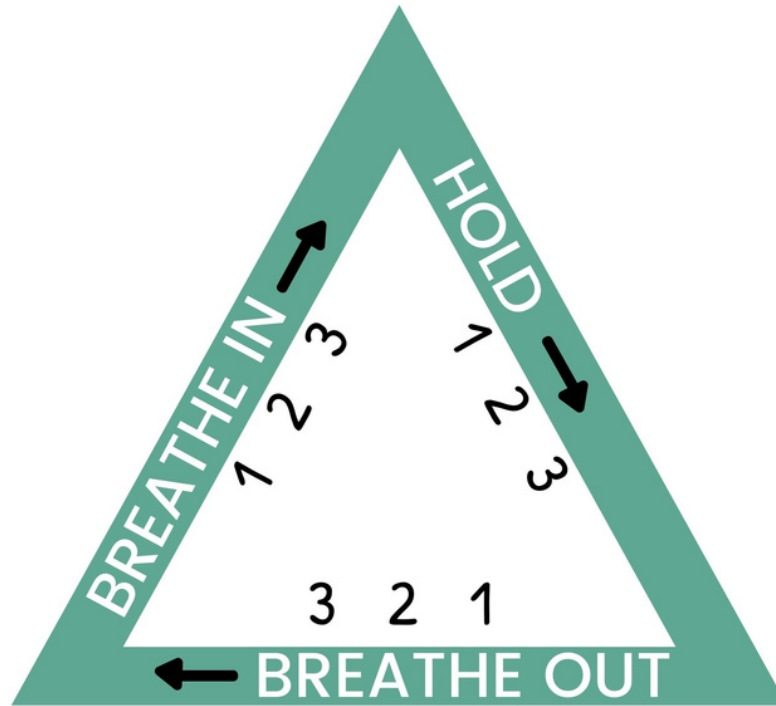
Hold for a count of 4.

Breathe out for a count of 4.

Hold for a count of 4.

# TRIANGLE

## BREATHING EXERCISE



Use your finger to trace the triangle.

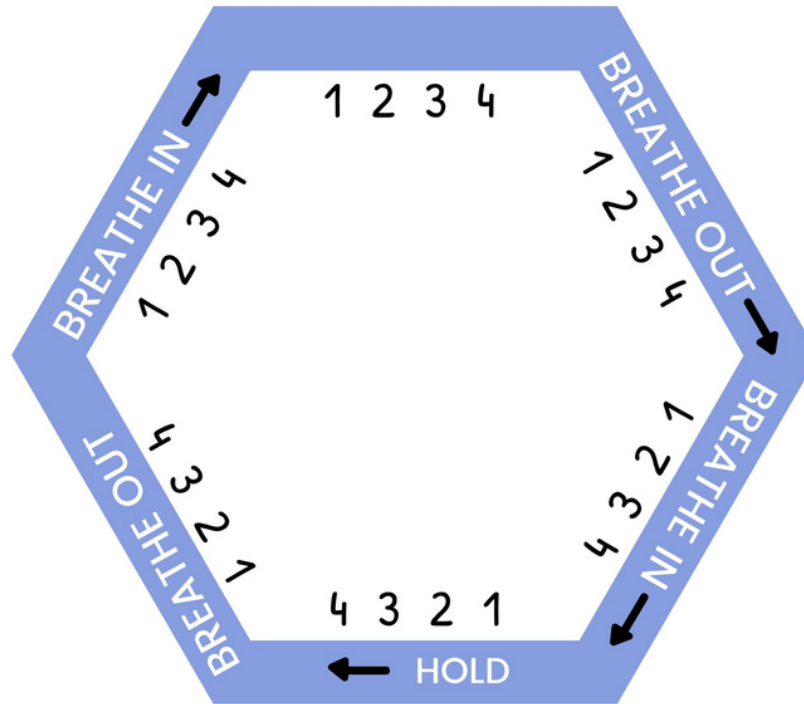
Breathe in for a count of 3.

Hold for a count of 3.

Breathe out for a count of 3.

# HEXAGON

## BREATHING EXERCISE



Use your finger to trace the hexagon.

Breathe in for a count of 4.

Hold for a count of 4.

Breathe out for a count of 4.

# STARFISH

## BREATHING EXERCISE



Breathe in and breathe out as you use your fingers to trace the starfish.

4-7-8

## BREATHING EXERCISE



Take a deep breath through your nose for a count of 4.

Hold your breath for a count of 7.

Exhale through your mouth for a count of 8.

Repeat this 3 more times.

# PIZZA

## BREATHING EXERCISE



Imagine holding a piece of freshly made pizza with your favorite toppings.

Take a deep breath to smell the delicious pizza for a count of 3.

Breathe out from your mouth for a count of 3 to cool the hot pizza slice.

Repeat 3 times.

# BEAR

## BREATHING EXERCISE



Find a comfortable space to lie down on the floor.

Place a stuffed animal on your belly. Imagine you are gently rocking the stuffed animal to sleep.

Inhale through your nose for a count of 4, filling your belly with air. Notice the stuffed animal rising.

Exhale for a count of 4. Notice the stuffed animal dipping as your belly shrinks. The toy might fall and that is okay. Just place it on your belly again.

# HOT AIR BALLOON

## BREATHING EXERCISE



Sit in a comfortable position. Place your hands in front of your mouth, visualize yourself holding a hot air balloon in front of you with your hands.

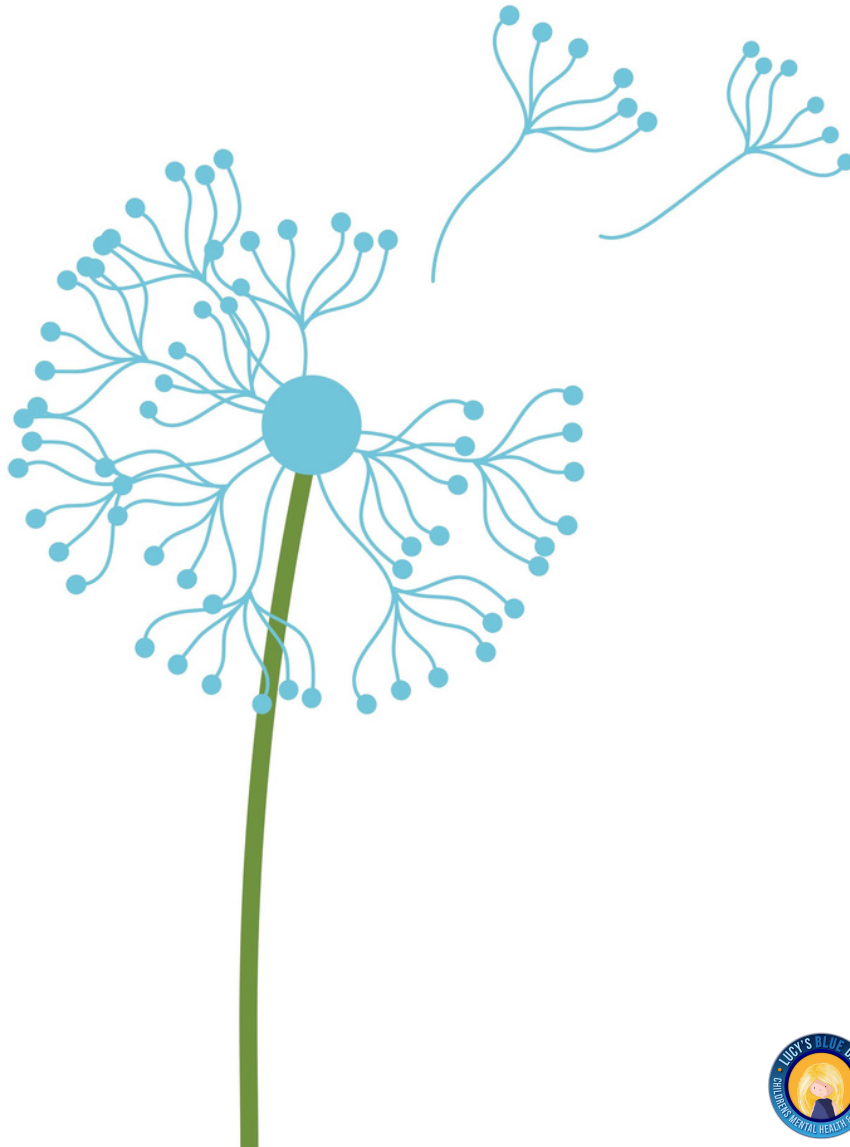
Take a deep breath for a count of 4 through your nose.

As you breathe out slowly through your mouth, slowly extend your hands while the hot air balloon expands. Repeat this 3 times.



# DANDELION

## BREATHING EXERCISE



Imagine you are holding a dandelion flower.

Take a deep breath for 3 seconds and blow out the air from your mouth. Visualize the fluffy seeds floating into the air.

Repeat this 5 times.

# MOUNTAIN BREATHING EXERCISE



Use your finger to trace the mountains.

Breathe in when you are moving up the mountain.

Breathe out when you are going down the mountain.

# VOLCANO

## BREATHING EXERCISE



Sit on the floor or stand.

First, place your palms together in a prayer position.

As you breathe in from your nose, slowly raise your hands over the head. Visualize a volcano and its lava slowly moving to the top of the volcano.

As you breathe out, move your hands from your head to the prayer position. Visualize the volcano exploding and its lava leaving the volcano.

# BUBBLE

## BREATHING EXERCISE



Visualize yourself holding a bubble wand.

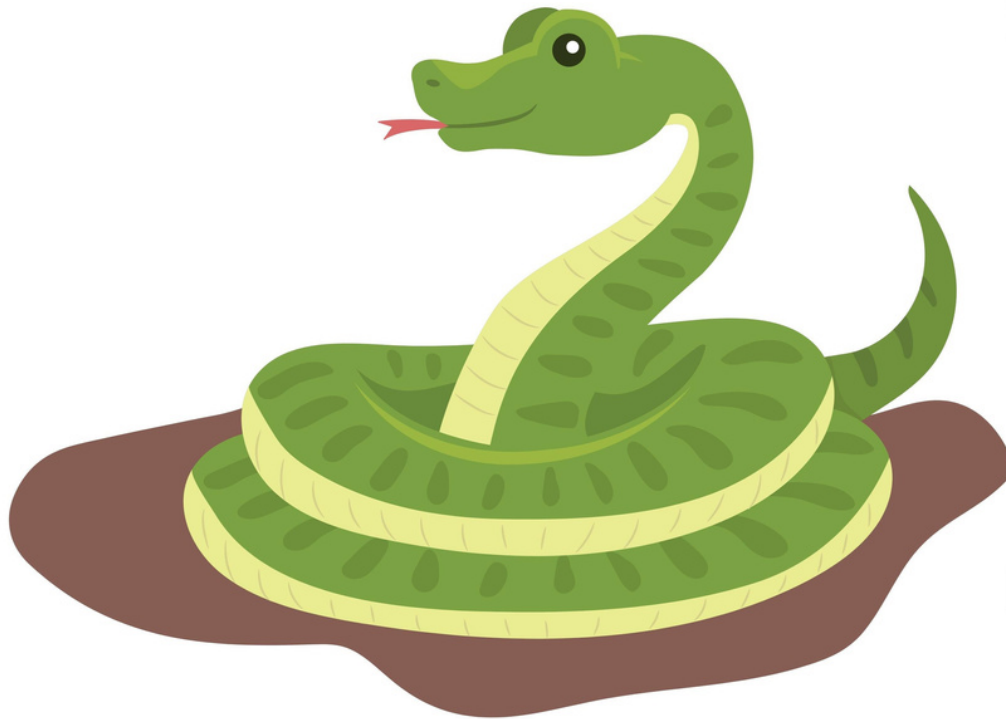
Take a deep breath for a count of 4.

Hold your breath for a count of 4.

Exhale from your mouth for a count of 4 as you imagine yourself blowing a bubble slowly and calmly so that it doesn't pop.

# SNAKE

## BREATHING EXERCISE



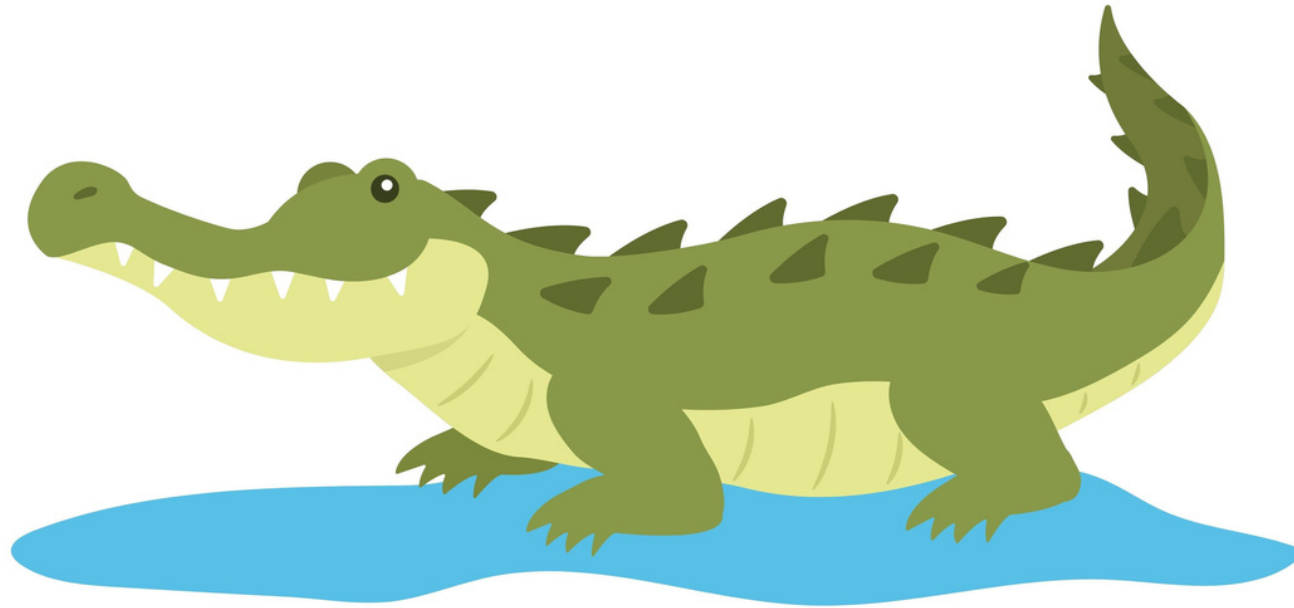
Breathe in from your nose for 5 seconds and hold your breath for 1 second.

Breathe out from your mouth with a hissing sound like a snake.

Repeat this 3 times. You can vary the intensity of the hissing with a soft, medium, and loud sound.

# CROCODILE

## BREATHING EXERCISE



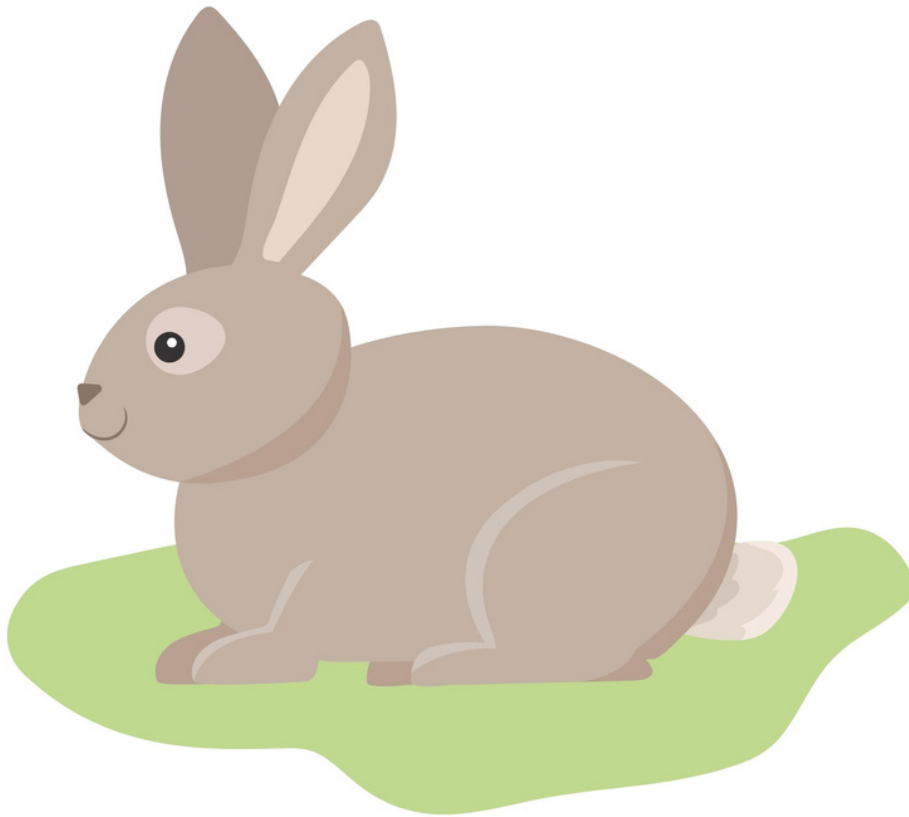
Stretch your arms right in front of your chest. Place your right arm above your left arm, and your right palm above your left palm.

Take a deep breath and raise your right arm as you imagine a crocodile opening its mouth.

Hold for 2 seconds before breathing out at once. Close your arms together quickly like a crocodile snapping its mouth.

# BUNNY

## BREATHING EXERCISE



Imagine you are a rabbit sniffing to find delicious food like carrots.

Take 3 quick and short sniffs through your nose like a rabbit.

Breathe out through your mouth slowly.

# OWL

## BREATHING EXERCISE



Stand up and relax your shoulders. Imagine you are an owl standing on a tree branch. Pretend your arms are your wings.

As you take a deep breath for a count of 4 and move your wings outwards.

As you exhale for a count of 4, make the sound "hoo" and move your wings inwards. Repeat this 3 to 4 times.



# CANDLE

## BREATHING EXERCISE



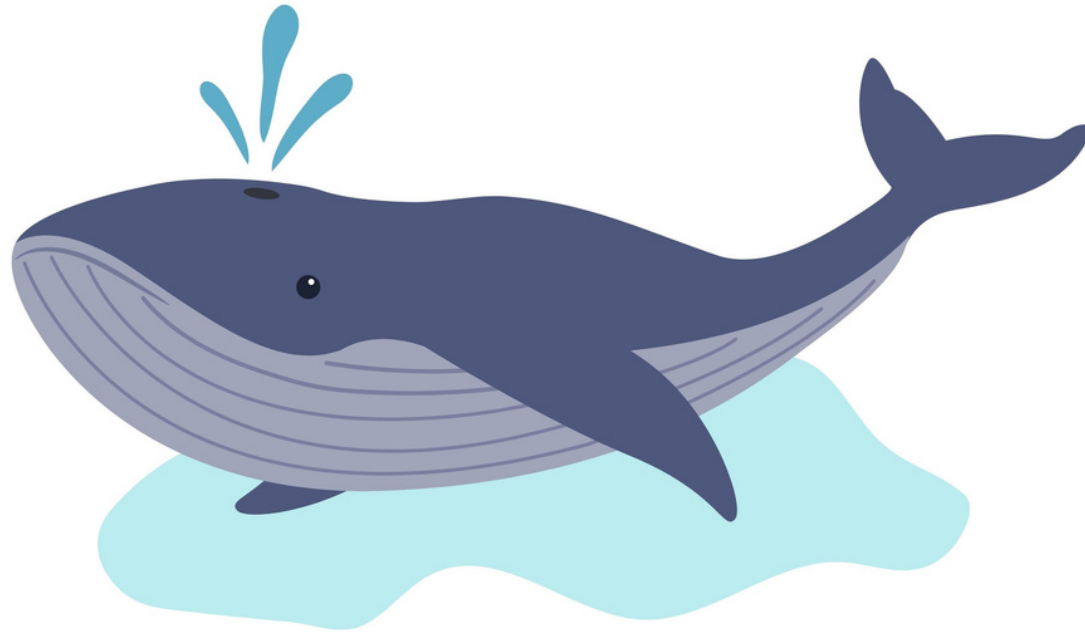
Pretend you are holding a cupcake in front of you.

Smell the cupcake and visualize a flavor you like, for example, chocolate.

Blow out the candle on the cupcake by breathing out from your mouth.

# WHALE

## BREATHING EXERCISE



First, stand up and relax your shoulders.

Take a deep breath through your nose and hold for 3 seconds.

Imagine you are a whale spouting water. Breathe out as quickly as you can with your head tilted up and stretch arms above your head.

Bring your hands down and repeat this 3 times.

# BALLOON

## BREATHING EXERCISE



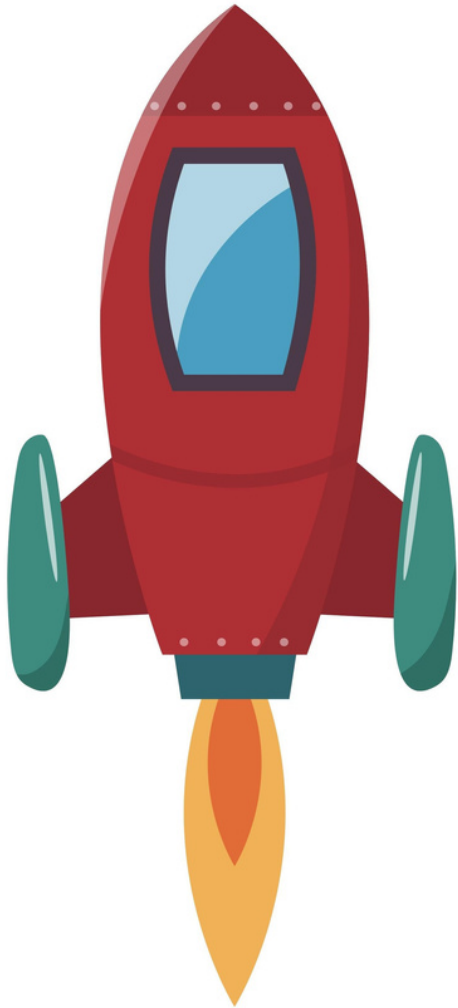
Imagine that you have a balloon  
in your belly.

Place your hand on your belly.  
Take a deep breath through  
your nose and imagine a  
balloon filling up. Hold your  
breath for 4 seconds.

Breathe out through your nose  
slowly to deflate the balloon.

# ROCKET

## BREATHING EXERCISE



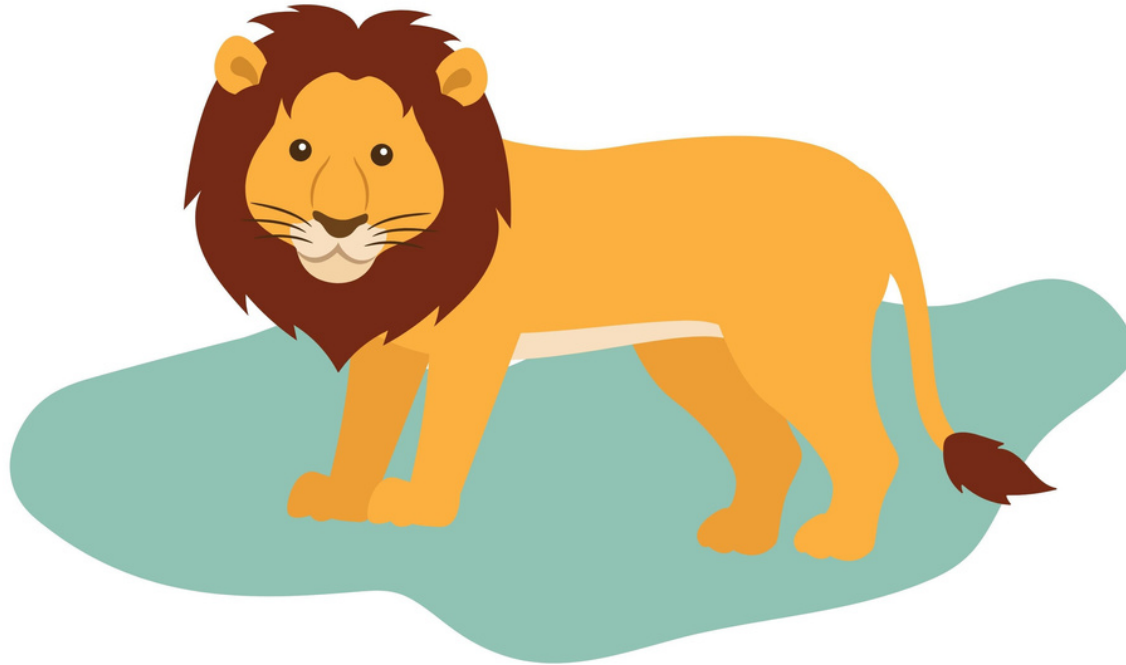
Place your hands together in a prayer position in front of your chest. Imagine that a rocket is about to take off.

Breathe in from your nose and count down  
5, 4, 3, 2, 1.

Exhale all at once with an engine sound "whoosh" as you move your hands upwards as the rocket launches into space.

# LION

## BREATHING EXERCISE



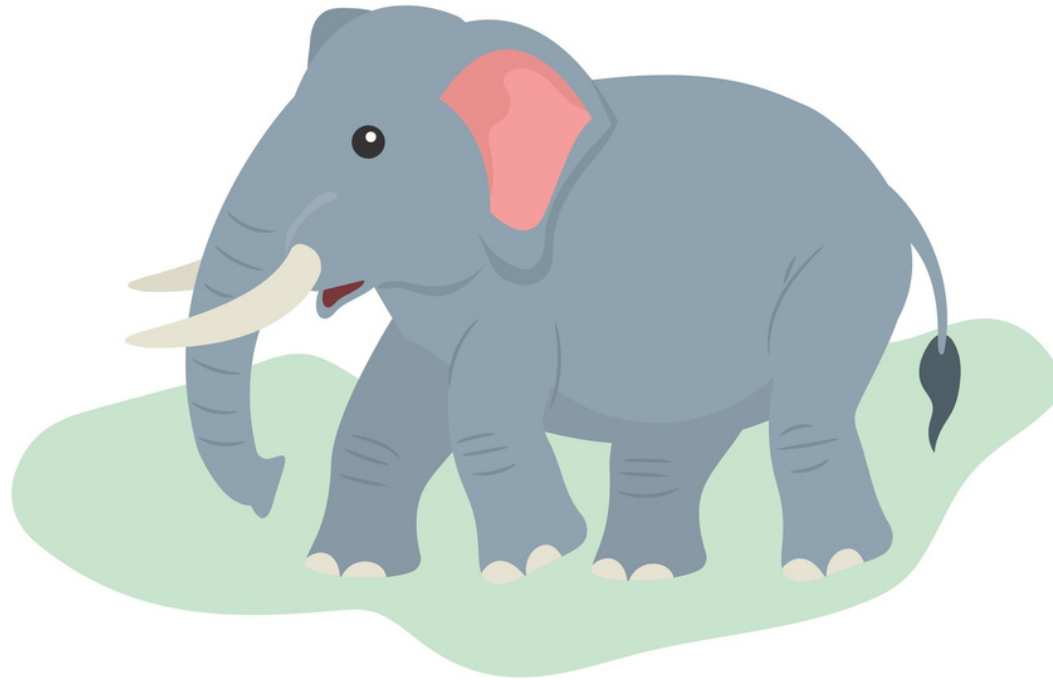
Imagine you are a lion. Take a big breath.

Open your mouth and roar for as long as you can while extending your arms and opening your palms.

Repeat this 3 more times. You can vary the intensity of each roar.

# ELEPHANT

## BREATHING EXERCISE



Stand tall and with feet wide apart. Imagine your arms are the trunk of an elephant. Dangle your arms in front of you like the trunk of an elephant and interlock your fingers.

As you breathe in through your nose, raise your arms above your head.

As you breathe out through your mouth, swing your trunk down and relax your arms.