

Five-Finger Breathing



Stretch your fingers out in front of you. With the pointer finger of your other hand, trace up your first finger and inhale, hold your breath at the top, trace down your finger and exhale. Trace all five fingers.



Hot Chocolate Breathing



Pretend you are holding a mug of hot chocolate but it is too hot to drink. Slowly inhale the delicious smell of the hot chocolate. Slowly blow out to cool off the mug of hot chocolate. Repeat several times.



Volcano Breathing



Stand tall with your hands pressed together at heart center. As you breathe in, keep your hands together and extend your arms up overhead. Breathe out with a strong “Haaa!!!” as you extend your arms out and down to the side of your body. Repeat.



Bumblebee Breathing



Place the tips of your pointer fingers in your ears. Slowly breathe in deeply through your nose. As you slowly exhale, quietly hum. Repeat.



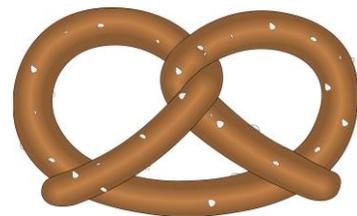
Superhero Breathing



Put your arms out and grab your energy. As you inhale, pull your arms in towards. Hold for a count of two. As you exhale, slowly extend your arms like you are flying above the clouds. Repeat.



Pretzel Breathing



Stand and cross your ankles. Put your right wrist over your left wrist. Turn your hands so your thumbs are facing the floor. Put your palms together and interlace your fingers. Bend your elbows out and gently turn your hands down and towards your body until they rest on your chest. Take deep breaths and relax.



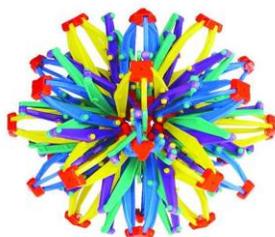
Lemon-Squeeze Breathing



As you inhale through your nose, tighten your hands, face and body as if you have just taken a bite of a sour lemon. Hold as tight as you can for a few seconds. As you slowly exhale, release your hands, face and body and relax. Repeat.



Breathing Ball Breathing



Hold or pretend you are holding a breathing ball. As you inhale and your belly fills with air, make the breathing ball get bigger. Hold it for two seconds. When you exhale, make the breathing ball get smaller. Repeat.



Friendship Breathing



Stand and hold hands with a friend. As you inhale, bring your arms up together to shoulder height. As you exhale, bring your hands down together in front of you. Repeat. Thank your friend for doing friendship breathing with you.



One-Finger Breathing



Place one hand on your belly and the pointer finger of your other hand on your nose. Inhale slowly through your nose. Move your finger from your nose to your lips like you're making a quiet signal as you slowly exhale through your mouth. Repeat.



Smile Breathing



Rub your hands together quickly to get them warm. Place your warm hands on your cheeks and notice how it puts a smile on your face. Close your eyes and take a deep breath in and out through your nose. Repeat.



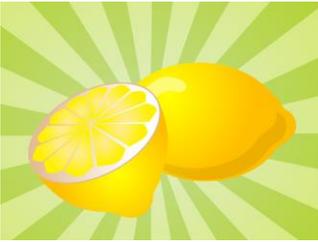
Belly Breathing



Place one hand on your belly and one hand over your heart. Close your eyes or gaze downward. Breathe deeply in through your nose. Hold your breath a few seconds, then exhale slowly through your nose. Repeat.



Advanced Lemon-Squeeze Breathing



As you inhale through your nose, tighten your face as if you have just taken a bite of a sour lemon. Hold as tight as you can for a few seconds. As you exhale, release your face and relax. Repeat tightening and releasing different parts of your body.



Cup of Coffee (Energizing) Breathing



Inhale through your nose as you extend your arms above your head. Exhale through your nose as you bend your arms and close your fists in front of you with your fists at shoulder height and elbows pointing down. Do this quickly 10 times. Pause and repeat.



4-7-8 Breathing



Sit up straight. Place the tip of your tongue on the back of your upper, front teeth. Inhale through your nose for the count of 4. Hold your breath for the count of 7. Exhale through your mouth with a “whoosh” sound for the count of 8. Repeat 3 more times.



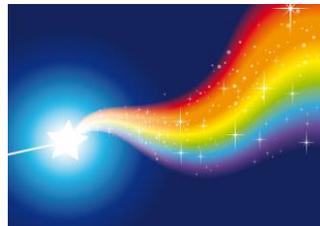
Sigh Breathing



Take a deep breath in through your nose. Hold it. Exhale with a sigh. Repeat.



3 Wishes Positive Thoughts



You will make three wishes. One wish is for yourself, one wish is for someone you care about, the last wish is for someone who challenges you. Make wishes that are kind and helpful. Notice how you feel after sending positive thoughts to others.



Elevator Breathing



Your breath is an elevator taking a ride through your body. Inhale. Breathe out sending the breath all the way to your toes. Inhale as your breath comes up to your belly. Exhale. Breathe in to your chest. Exhale. Breathe in to the top of your head. Exhale. Repeat.



Shoulder Roll Breathing



As you inhale through your nose, roll your shoulders forward and up towards your ears. As you exhale through your nose or mouth, roll your shoulders back and down. Repeat.



Bunny Breathing



Sit up nice and tall. Pretend you are a bunny sniffing a flower. Take 3 quick breaths in through your nose. Exhale with a long, slow breath through your nose. Pause and repeat.



4-4-4 Breathing



Sit up straight and close your eyes. Inhale through your nose for the count of 4. Hold your breath for the count of 4. Exhale through your nose for the count of 4. Repeat 3 more times.



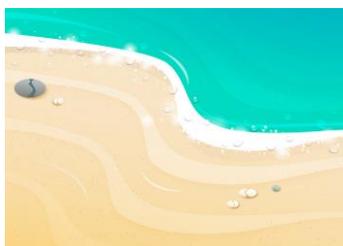
Woodchopper Breathing



Stand tall. As you inhale through your nose, circle your arms up and overhead. Clasp your hands together like you're holding an axe. As you exhale, say, "Ha!" and swing your arms down quickly in a chopping motion like you're chopping wood. Repeat.



Beach Breathing Visualization



Imagine that you are standing on the beach. As you breathe in, imagine your breath bringing the wave up on the sand and to your toes. As you breathe out, imagine the wave going away from you. Repeat.



Whale Breathing



Sit up nice and tall. Breathe in slowly through your nose. Tilt your head back and forcefully exhale through your mouth like a whale breathing through its blowhole. Repeat.

