



High 5 Breathing



Six Sides of Breathing

Put my arms up



and breathe in

Rainbow Breathing

Put my arms down



and breathe out

Breathe in through your nose



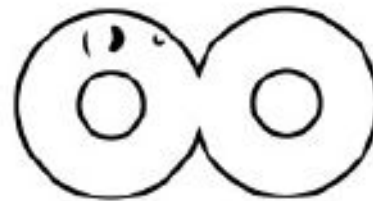
Right down to your toes



toes



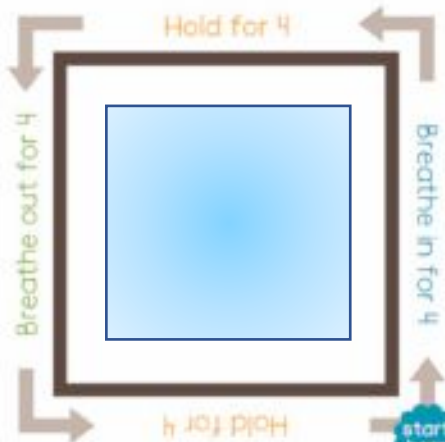
And out like you are blowing up a balloon



Lazy 8 Breathing



Triangle Breathing



Square Breathing



Star Breathing

COWABUNGA BREATHING

Block one nostril,
breathe in for 5,
Block the other nostril,
breathe out for 5

Cowabunga!

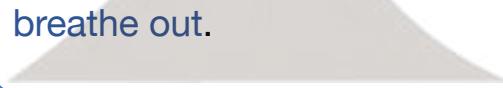
EXPLOSION BREATHS

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



VOLCANO BREATHS

Pretend your hands and arms
are like lava flowing from a
volcano. Start with your hands
in front of you, 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.



Fish Breathing

Breathe in through your nose
Puff out your cheeks
Breathe out through your
mouth (with fish lips)



Bumble Bee Breathing

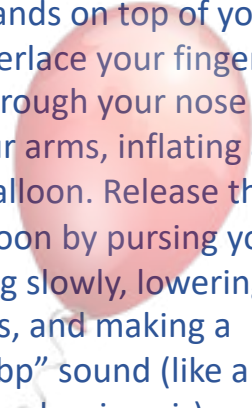
Breathe in slowly through your nose.

Breathe out through your mouth, saying “buzzzzzzzzzz” for as long as you can. Repeat



Balloon Breathing

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms, and making a “pbpbpbpb” sound (like a balloon releasing air)



Turtle Breathing

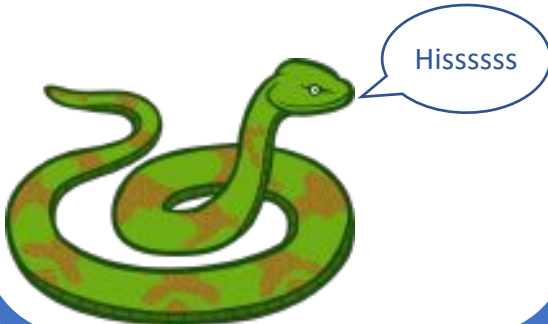
Go into your “shell”.

Take three deep breaths and think calming thoughts, such as: “I can calm down,” “I am OK”, “I can think of solutions to my problem,” “I am good at solving problems”.



Snake Breath

Breathe in through the nose and breathe out through the mouth with a long, slow hissing sound. Repeat



Birthday Cake Breathing

Take a deep breath
Smell the cake
Breathe out and blow out the candle



Hot Chocolate Breathing

Pretend you are holding a steaming cup of hot chocolate. Breathe in deeply through your nose, then breathe out through your mouth, pretending you are blowing the steam away from the hot chocolate drink. Repeat several times

