

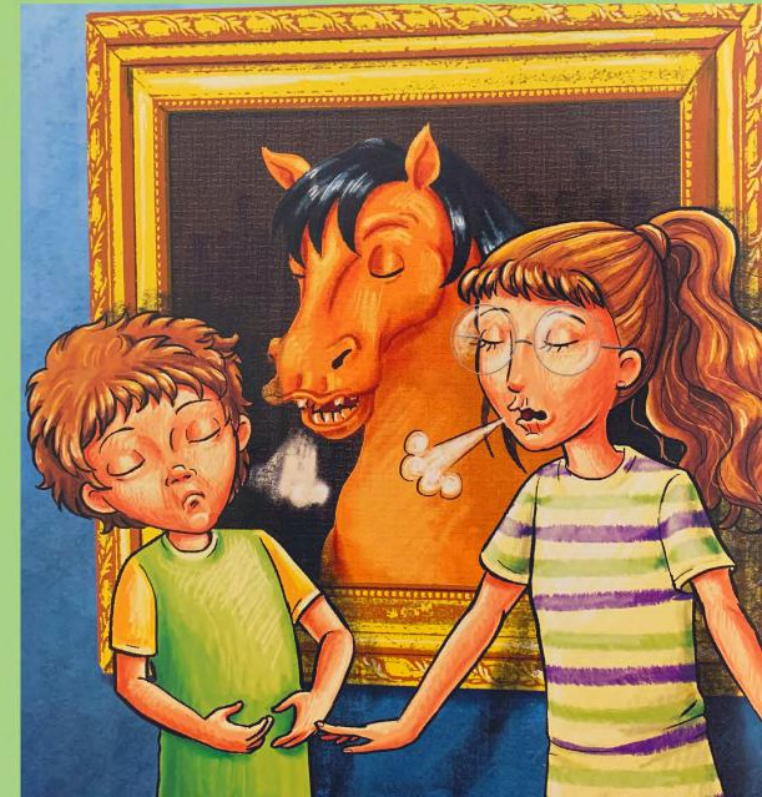


Horse Breaths

Close your eyes and inhale deeply through your nostrils for 4 seconds.

Hold your breath for 7 seconds THEN exhale and flap your lips like a horse for 8 seconds!

Repeat 5x

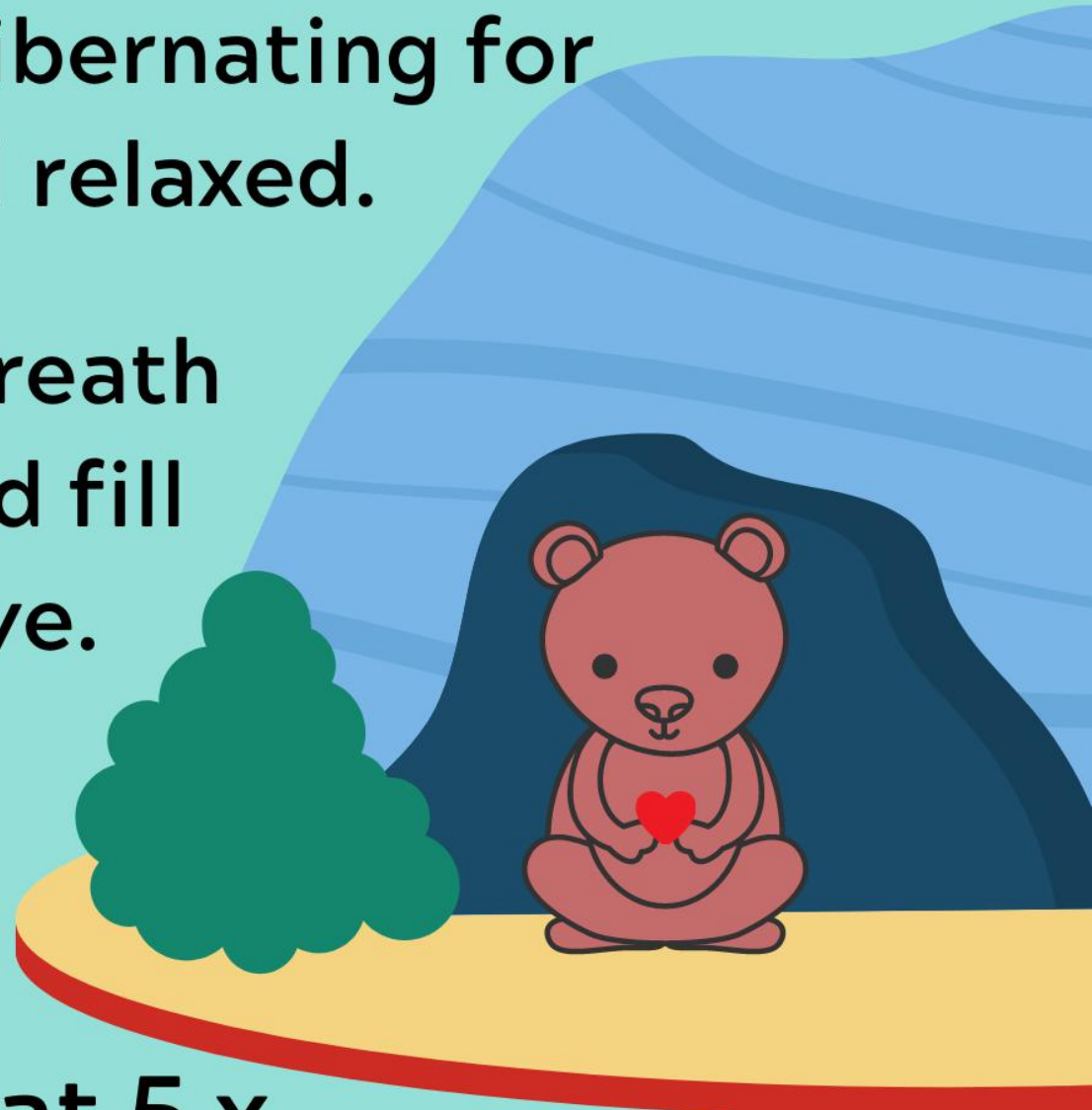


Bear Breaths

Pretend you are a bear hibernating for the winter, cozy and relaxed.

Breathe in a big, slow breath through your nose and fill your entire bear cave.

Now blow all of the air back out of your cave.



Repeat 5 x

Dragon Breathing

Close your eyes.
Breathe in deep through
your nose for 4 seconds.

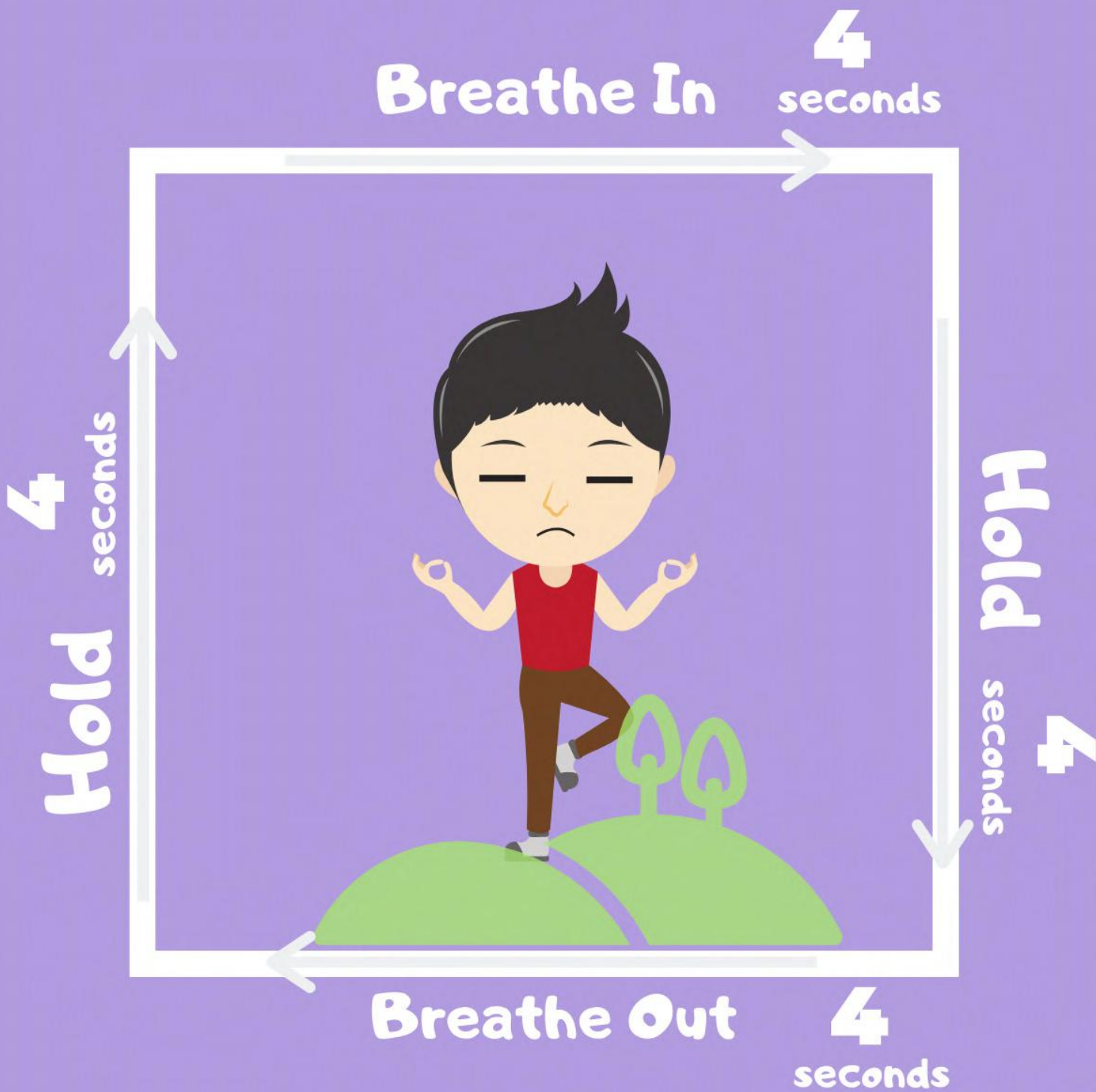
Exhale for 6 seconds and
pretend to breathe fire out
of your mouth.

Add a roar as you blow!
Repeat 5x



BOX BREATHING

Trace the square as you breathe.

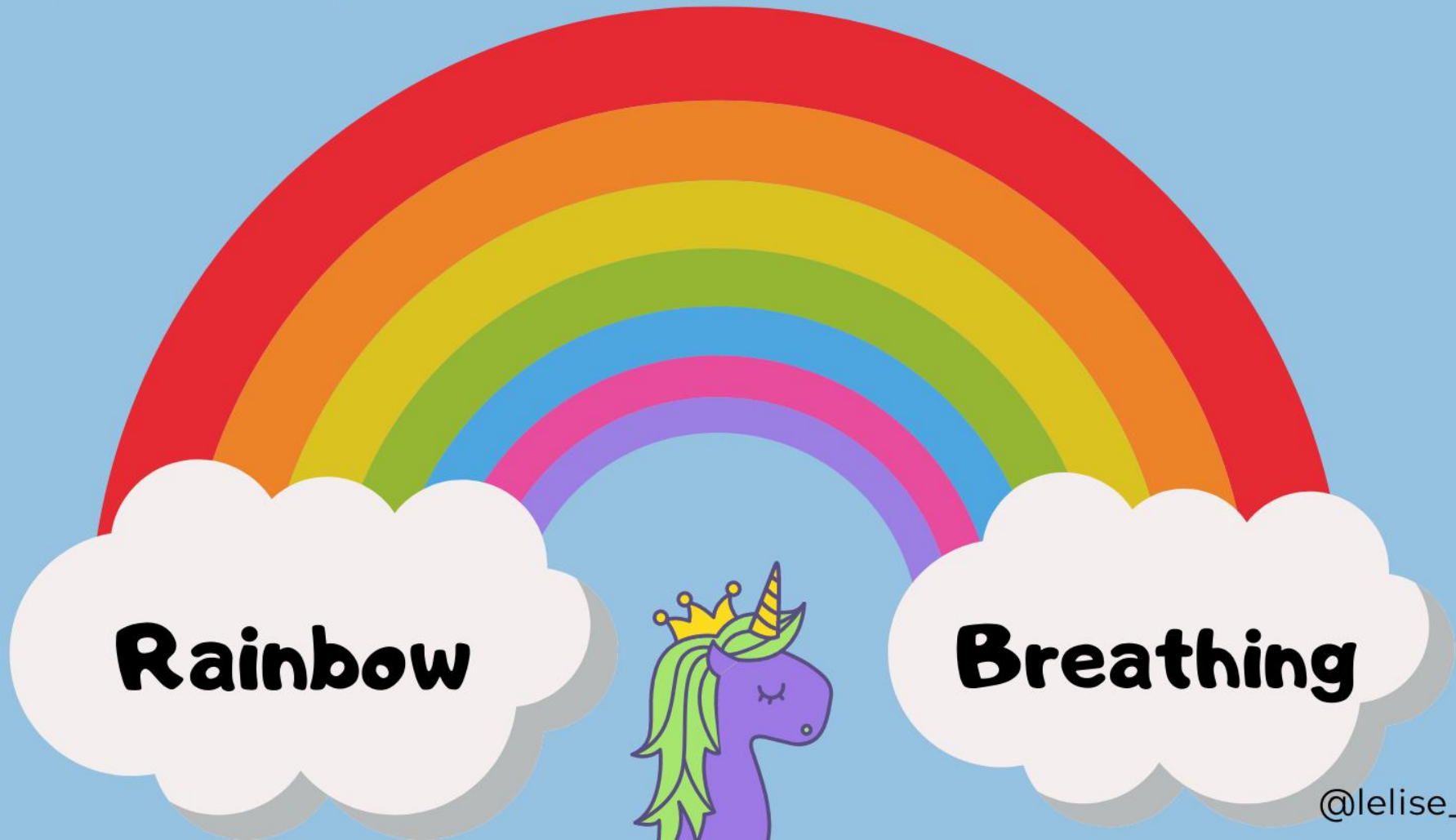


Start with your finger in a cloud.

Inhale slowly as you trace the red curve. Pause.

Exhale as you trace the orange curve back to the cloud.

Repeat the pattern until you reach the last curve.



Star Breathing

Trace the star,
breathing in
then out.



S.T.A.R. stands for
Smile, **T**ake a deep
breath in through your
nose **A**nd pause before
Relaxing as you blow the
air out of your mouth.