Breathing Cards

Cut out the cards. Practice one when you feel calm, then pick your favorite for big feelings.

Balloon breath



Hand on belly. Breathe in and fill your belly balloon. Breathe out slowly and let it go down.

3 to 5 slow breaths

Hot cocoa breath



Hold your warm mug. Smell the cocoa in through your nose. Blow out slowly to cool it, do not spill.

3 to 5 slow breaths

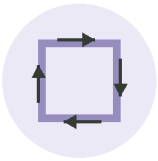
Five finger breath



Spread your hand like a starfish. Trace up a finger as you breathe in, down as you breathe out. Five fingers.

5 slow breaths

Square breath



Trace a square. In for 3, hold softly for 3, out for 3, hold softly for 3. Skip the holds if you like.

3 to 5 slow breaths

Bunny breath



Three quick little sniffs in through your nose, then one long, slow breath out. Do 3 rounds.

3 rounds

Snake breath



Breathe in slowly. Breathe out with a long, quiet sssss. Make your hiss a little longer each time.

3 to 5 slow breaths

Flower and candle



Smell the flower slowly through your nose. Blow out the candle gently, make it flicker first.

3 to 5 slow breaths

Bumblebee breath



Breathe in through your nose. Close your lips and breathe out with a long, low mmmmm hum.

3 to 5 slow breaths

Bubble breath



Breathe in. Breathe out very slowly to blow the biggest bubble you can. Slow makes big bubbles.

3 to 5 slow breaths

Belly buddy breath



Lie down with a soft toy on your belly. Breathe in, buddy goes up. Breathe out, rock buddy down.

5 to 10 slow breaths

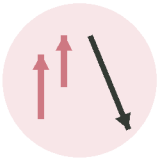
Figure eight breath



Trace a sideways 8. Breathe in on the left loop, breathe out on the right loop. Go 4 times.

4 to 6 loops

Double sigh



Big breath in through your nose, then one more small sip. Let it all out slowly through your mouth.

2 to 3 rounds

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Calm Breathing

When my body feels big, I can slow it down. Slow and low, with a long breath out.

1 — Notice
My body is speeding up. Fast heart, hot face, tight hands.

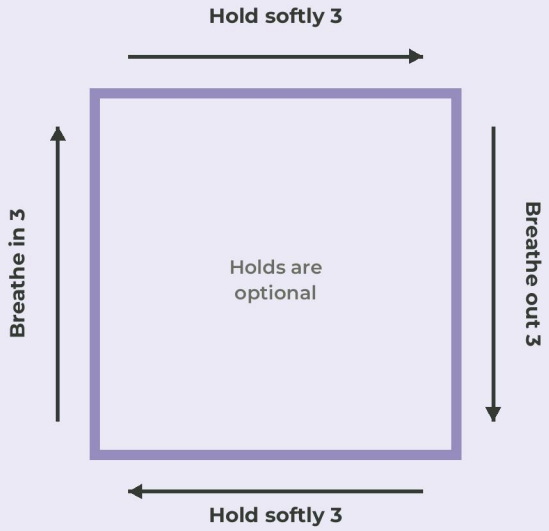
2 — Stop
Pause. Sit or stand still. Drop my shoulders.

3 — Breathe
3 to 5 slow breaths. Gentle in through my nose, long slow out.

4 — Check in
How big is my feeling now? Do I need more breaths or a different tool?

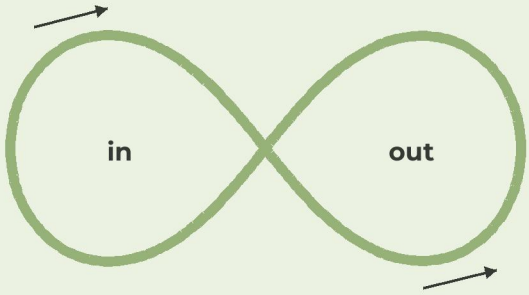
Trace the square

Follow the arrows with your finger.



Trace the lazy 8

In on the left loop, out on the right.



Or trace your hand

Five finger breath: up each finger as you breathe in, down as you breathe out.

Slow and low tips

- Make the breath out longer than the breath in.
- Gentle breaths, not big gulps. Shoulders stay down.
- Feeling dizzy or tingly? Stop and breathe normally.
- Asthma? Use your inhaler and plan first. Breathing games do not replace it.

Pick a breath



My calm breathing plan

When I notice _____ I will try _____

If that does not help, I can _____

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Breathing Practice Tracker

Practice a little every day. Rate how you feel before and after: 1 is calm, 5 is very upset.

Name: _____ **Weeks of:** _____

Week 1

Day	When I practiced	Breath I used	Before (1 to 5)	After (1 to 5)
Mon			1 2 3 4 5	1 2 3 4 5
Tue			1 2 3 4 5	1 2 3 4 5
Wed			1 2 3 4 5	1 2 3 4 5
Thu			1 2 3 4 5	1 2 3 4 5
Fri			1 2 3 4 5	1 2 3 4 5

Week 2

Day	When I practiced	Breath I used	Before (1 to 5)	After (1 to 5)
Mon			1 2 3 4 5	1 2 3 4 5
Tue			1 2 3 4 5	1 2 3 4 5
Wed			1 2 3 4 5	1 2 3 4 5
Thu			1 2 3 4 5	1 2 3 4 5
Fri			1 2 3 4 5	1 2 3 4 5

My favorite breaths

1. _____
2. _____
3. _____

Best times for me to practice:

Adult notes

What helped, what to try next:

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