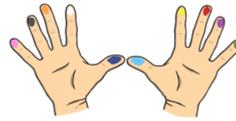




Breathing cards

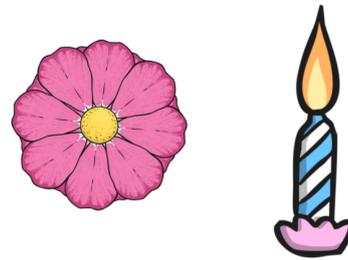


Belly breathing

Hands on belly, breathe in slowly through nose. Feel your belly rise. Breathe out through mouth.



Box Breathing
Inhale for 4 counts
Hold for 4.
Exhale for 4. Hold for 4.
Repeat



Smell the flower (inhale)
Blow the candle
(exhale)
Repeat slowly



5 Finger breathing
Trace your fingers. Inhale going up a finger. Exhale going down. Repeat for all fingers.



Rainbow Breathing
Imagine drawing a rainbow with your breath. Inhale tracing up and exhale tracing down