

## Balloon Blowing

Stretch your imaginary balloon to loosen it up, then hold it to your pursed lips with both hands. Inhale deeply through your nose and blow up the balloon using a long, controlled breath. If you blow it too quickly, it will pop! Repeat 5 times, whisper your worry to the balloon and let it fly away.



## Bumble Breathe

Inhale slowly through your nose as if you are smelling a beautiful flower. As you breathe out, make a “buzz” as long as you can. Repeat 5 times.



## Elephant Trunk

Stand with your feet wide apart. Dangle your arms in front of you like an elephant trunk. Inhale through the nose and raise your arms high above the head. Breathe out through your mouth while swinging the arms down.



## Square Breathing

Draw a square and count the sides as you go. 1, 2, 3, 4. Hold your breath for 1, 2, 3, 4. Release for 1, 2, 3, 4. Trace the outside of the square for 1, 2, 3, 4 and repeat previous steps.



## Hold a Star

Start at any straight edge of the star. As you trace around the outline, breathe in on a straight edge, hold your breath on the point, breathe out down the other side. Repeat the inhale, hold, exhale pattern for the whole star.



## Hot Cocoa

Pretend you are holding a cup of hot cocoa with both hands. Take a deep breath and imagine the rich chocolate enter your nostrils. Careful! It's hot! Blow your cocoa gently to cool it down... Not too hard, you don't want any to spill!

