

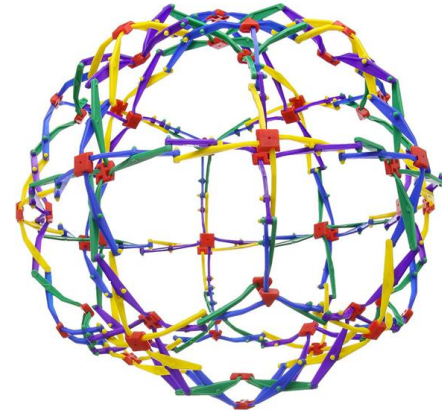
Calm Breathing Cards



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Breathing Ball Breath

Bring your fingertips together to create your own breathing ball.



Take 3-5 deep breaths, filling your breathing ball and lungs.

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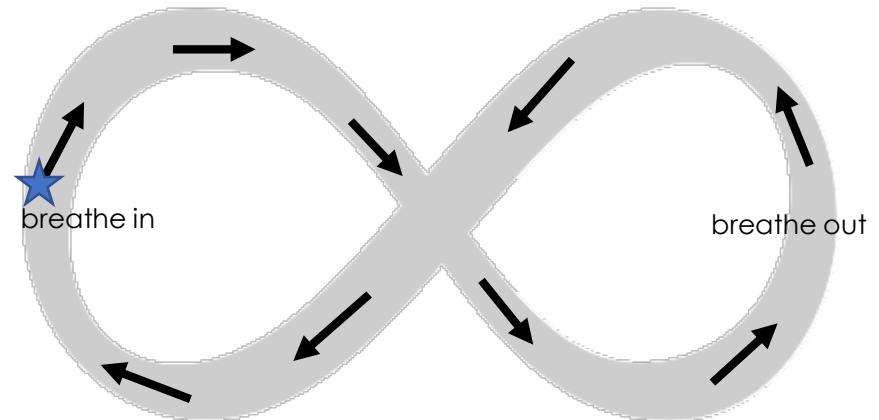
Take 5 Breath



Breathe in for 5 counts using your fingers to count up. Then, breath out counting your fingers back down.

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Lazy 8 Breath



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Start Here!

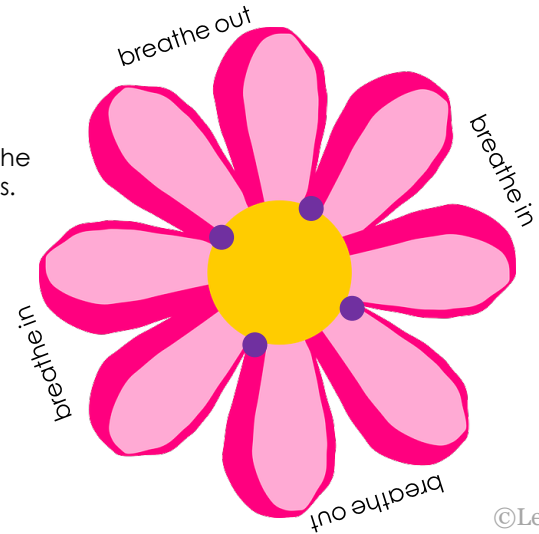


Trace the star
breathing in
and out.

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Flower Breath

Slowly trace the
flower petals.



Breathe in for
2 petals,
breathe out
for 2 petals.

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Print, cut and
hole punch.
Attached to a book ring,
they become a
Calming on the Go tool!

