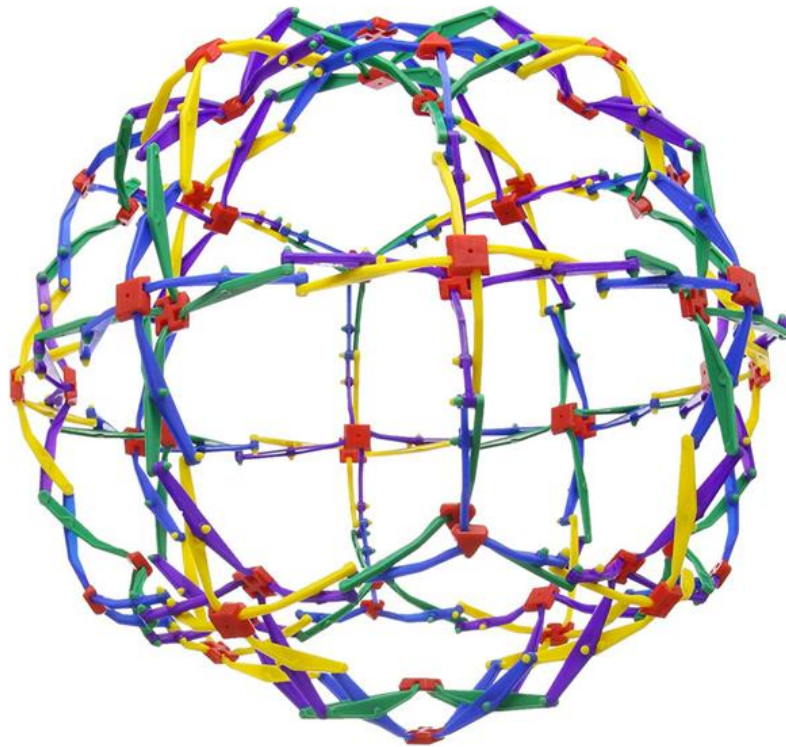


Calm Breathing Cards



Breathing Ball Breath

Bring your fingertips together to create your own breathing ball.



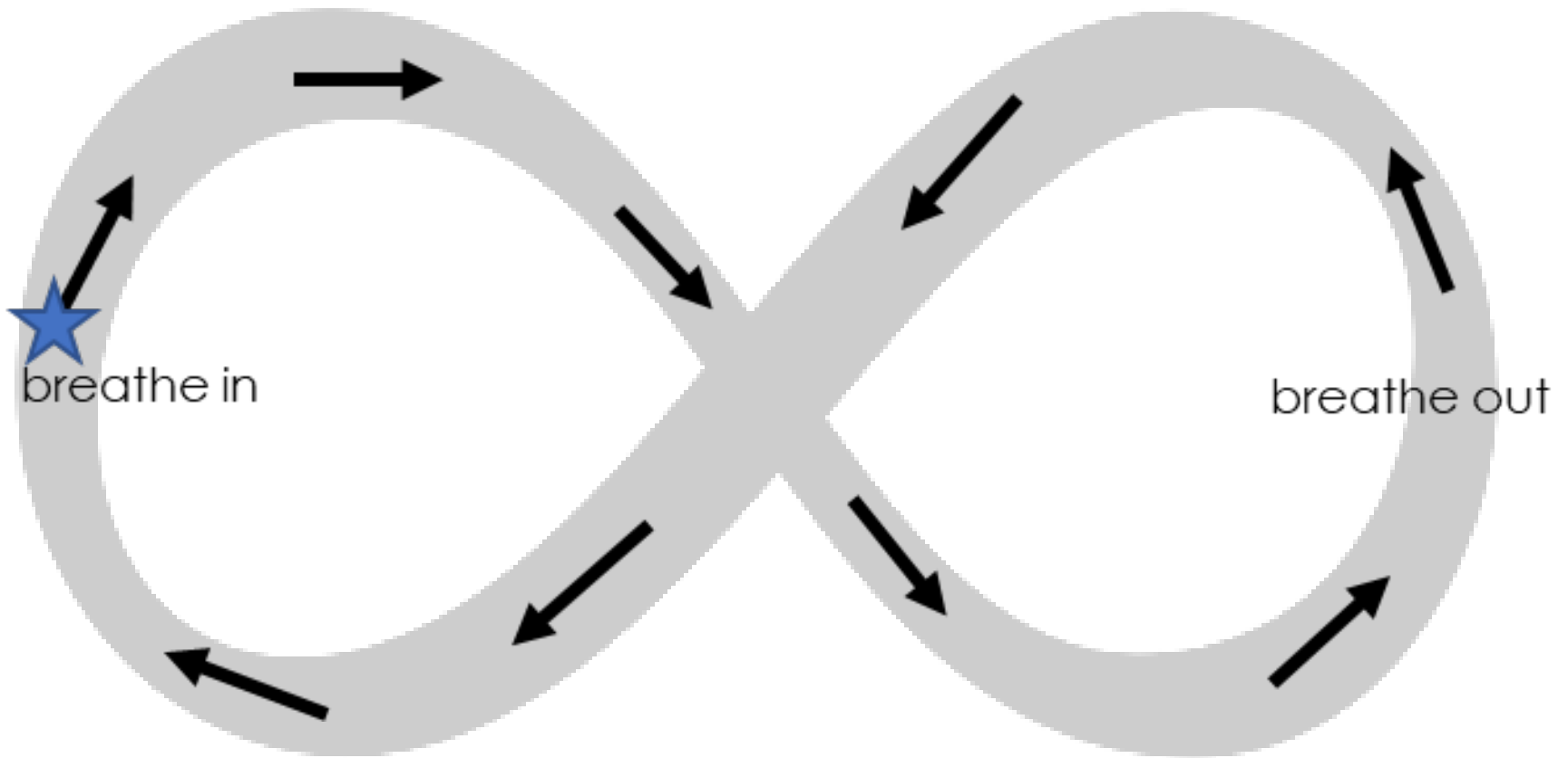
Take 3-5 deep breaths, filling your breathing ball and lungs.

Take 5 Breath



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

Lazy 8 Breath



Start Here!



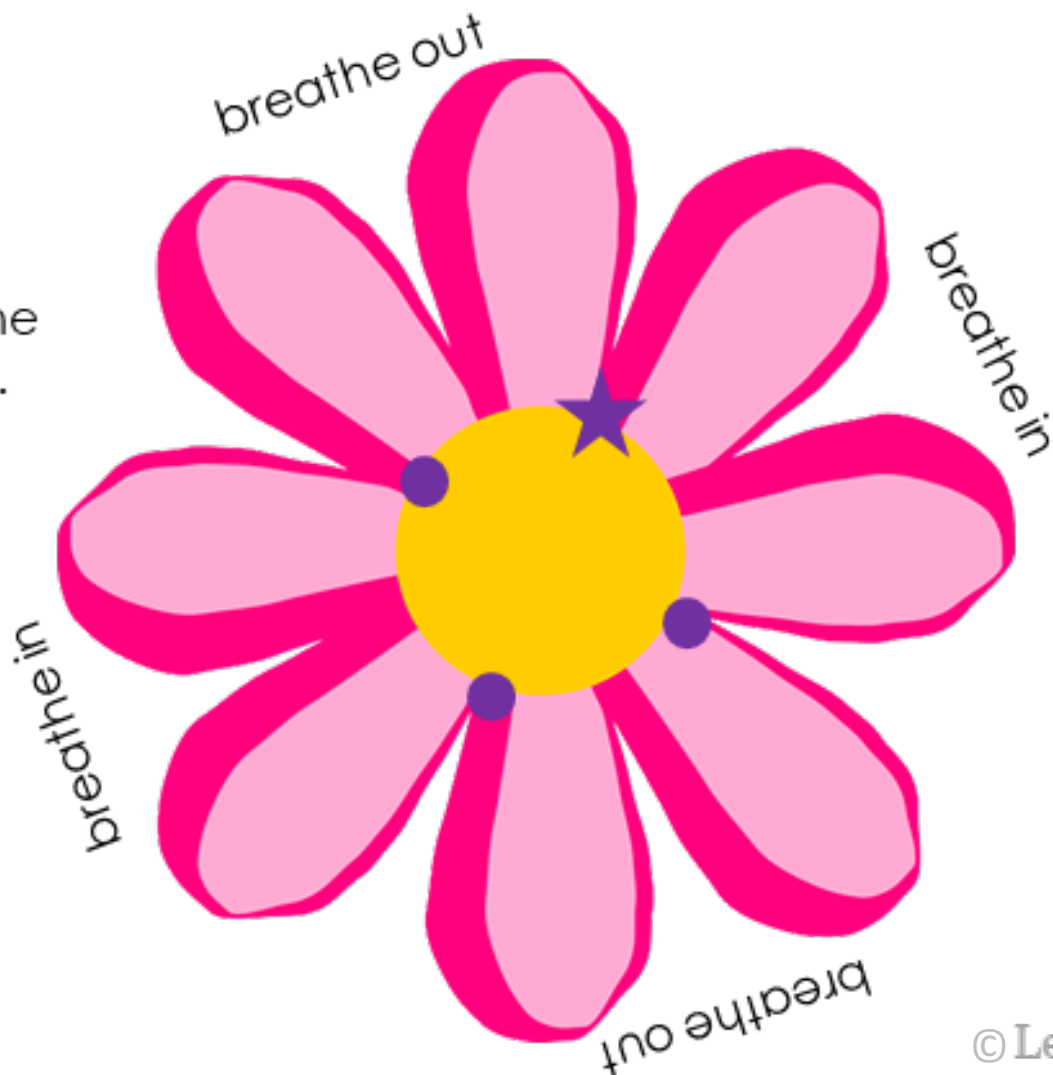
Trace the star
breathing in
and out.



Star Breathing

Flower Breath

Slowly trace the
flower petals.



Start at the
star.
Breathe in for
2 petals,
breathe out
for 2 petals.