

# BREATHING EXERCISES

BELLY  
BREATHING



FLOWER  
BREATHING



RAINBOW  
BREATHING



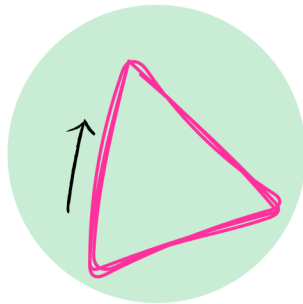
STARFISH  
BREATHING



BALLOON  
BREATHING



TRIANGLE  
BREATHING



OCEAN  
BREATHING



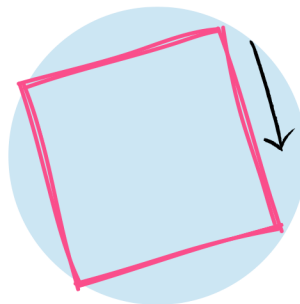
CLOUD  
BREATHING



CANDLE  
BREATHING



SQUARE  
BREATHING



FEATHER  
BREATHING



HOT CHOCOLATE  
BREATHING



ANIMAL  
BREATHING



BUBBLE  
BREATHING



## BELLY BREATHING

PLACE HANDS ON THE BELLY AND  
TAKE SLOW, DEEP BREATHS,  
FEELING THE BELLY RISE AND FALL.

BENEFITS: PROMOTES  
RELAXATION, REDUCES STRESS,  
AND INCREASES MINDFULNESS.



## FLOWER BREATHING

EXHALE SLOWLY THROUGH  
THE MOUTH, AS IF BLOWING  
ON THE FLOWER TO MAKE IT SWAY.  
BENEFITS: ENHANCES FOCUS, CALMS  
THE MIND, AND ENCOURAGES  
MINDFUL BREATHING.



## RAINBOW BREATHING

TAKE A DEEP BREATH IN AND VISUALIZE  
THE COLOR RED, THEN EXHALE SLOWLY. CONTINUE WITH  
EACH COLOR OF THE RAINBOW, ASSOCIATING DIFFERENT  
EMOTIONS OR QUALITIES WITH EACH COLOR.  
BENEFITS: SUPPORTS EMOTIONAL AWARENESS, FOSTERS BALANCE,  
AND ENCOURAGES VISUALIZATION SKILLS.



## STARFISH BREATHING

TAKE A SLOW BREATH IN WHILE TRACING UP ONE FINGER,  
THEN EXHALE WHILE TRACING DOWN THE NEXT FINGER.  
CONTINUE UNTIL ALL FINGERS HAVE BEEN TRACED. THIS  
EXERCISE HELPS YOU FOCUS ON YOUR BREATH AND  
ENGAGE IN A CALMING RHYTHM.  
BENEFITS: PROMOTES FOCUS, GROUNDS THE MIND, AND  
ENCOURAGES A RHYTHMIC BREATHING PATTERN.



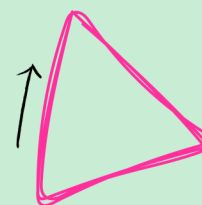
## BALLOON BREATHING

EXHALE SLOWLY THROUGH THE MOUTH,  
RELEASING THE AIR FROM THE BALLOON.  
BENEFITS: PROVIDES A SENSE OF RELEASE,  
RELAXATION, AND HELPS RELIEVE TENSION.



## TRIANGLE BREATHING

TRACE THE OUTLINE OF AN IMAGINARY TRIANGLE WITH YOUR  
FINGER WHILE INHALING DEEPLY FOR ONE SIDE, HOLDING  
YOUR BREATH AS YOU TRACE ANOTHER SIDE, AND EXHALING  
SLOWLY AS THEY TRACE THE FINAL SIDE.  
BENEFITS: PROMOTES FOCUS, ENCOURAGES BALANCE, AND  
ENHANCES BREATH CONTROL.



## OCEAN BREATHING



INHALE DEEPLY THROUGH THE NOSE, IMAGINING THE SOUND OF OCEAN WAVES, AND EXHALE SLOWLY THROUGH THE MOUTH, MIMICKING THE SOUND OF WAVES RECEDING.

BENEFITS: INDUCES A SENSE OF CALM, RELAXATION, AND DEEPENS THE BREATH.

## CLOUD BREATHING



IMAGINE A FLUFFY CLOUD. AS YOU INHALE DEEPLY THROUGH THE NOSE, IMAGINE THE CLOUD EXPANDING AND BECOMING FULLER. AS YOU EXHALE SLOWLY THROUGH THE MOUTH, ENVISION THE CLOUD GENTLY FLOATING AND DISSIPATING.

BENEFITS: ENCOURAGES A SENSE OF LIGHTNESS, RELAXATION, AND DEEPENS THE BREATH.

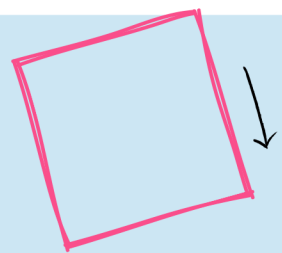
## CANDLE BREATHING



INHALE DEEPLY THROUGH THE NOSE, IMAGINING THE FLAME GROWING BRIGHTER, AND EXHALE SLOWLY THROUGH THE MOUTH, VISUALIZING THE FLAME BECOMING CALMER AND STEADIER.

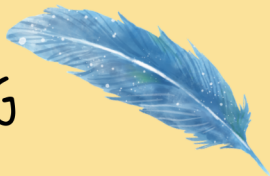
BENEFITS: ENHANCES FOCUS, PROMOTES A SENSE OF CALM, AND DEEPENS THE BREATH.

## SQUARE BREATHING



TRACE THE OUTLINE OF AN IMAGINARY SQUARE OR USING YOUR FINGER TO TRACE THE EDGES OF A SQUARE ON A VISUAL AID. AS YOU TRACE ONE SIDE, INHALE DEEPLY THROUGH THE NOSE.

## FEATHER BREATHING



TAKE A SLOW, DEEP BREATH IN THROUGH THE NOSE, TRYING TO KEEP THE FEATHER FLOATING IN THE AIR. THEN, EXHALE SLOWLY THROUGH THE MOUTH, FOCUSING ON CONTROLLING YOUR BREATH TO KEEP THE FEATHER STEADY.

BENEFITS: ENHANCES FOCUS, ENCOURAGES DEEP BREATHING, AND IMPROVES BREATH CONTROL.

## HOT CHOCOLATE BREATHING



TAKE A SLOW, DEEP BREATH IN THROUGH THE NOSE, IMAGINING THE WARM AROMA OF THE HOT CHOCOLATE. THEN, EXHALE SLOWLY THROUGH THE MOUTH, AS IF BLOWING ON THE HOT CHOCOLATE TO COOL IT DOWN.

BENEFITS: PROMOTES RELAXATION, EVOKES A SENSE OF WARMTH AND COMFORT, AND ENCOURAGES MINDFUL BREATHING.

# ANIMAL BREATHING



INHALE DEEPLY THROUGH THE NOSE WHILE RAISING YOUR ARMS LIKE A LION'S ROAR, THEN EXHALE WITH A STRONG "HAAAA" SOUND WHILE LOWERING YOUR ARMS SLOWLY.  
BENEFITS: ENCOURAGES PLAYFUL ENGAGEMENT, INCREASES BREATH AWARENESS, AND HELPS RELEASE TENSION.

# BUBBLE BREATHING



BLOW GENTLY INTO AN IMAGINARY BUBBLE WAND, CREATING A STREAM OF BUBBLES. CONTINUE TO EXHALE SLOWLY AND STEADILY AS YOU WATCH THE BUBBLES FLOAT AWAY.  
BENEFITS: ENHANCES FOCUS, ENCOURAGES A STEADY BREATH FLOW, AND ADDS A PLAYFUL ELEMENT TO DEEP BREATHING.



## Explore More with Sara!

I'm excited that you've taken the first step towards enhancing the well-being of the children in your life through these breathing exercises. If you found this resource beneficial, I invite you to delve deeper into my blog's information, tools, and activities.

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