**TRIANGLE Breathing**

Start by drawing a triangle.

Start at the bottom left of the triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.

**SQUARE BReathing**

Start by drawing a square

Start at the bottom right of the square

Breathe in for four counts as you trace the first side of the square

Hold your breath for four counts as you trace the second side of the square

Breathe out for four counts as you trace the third side of the square

Hold your breath for four counts as you trace the final side of the square

You just completed one deep breath!

**STAR BREATHING**

Start by drawing a star.

Start at any “Breathe In” side on the star.

Trace your finger over the "breathe in" side of the point

Hold your breath when your finger gets to the tip of the point

Breathe out as you trace your finger over the other side of the point.

Keep going until you reach where you started.

When you trace the whole star, you will have completed 5 deep breaths

**LAZY 8 Breathing**

Start with the eight on its side and start in the middle

Go up to the left and trace the left part of the 8 with your finger while you breathe in.

When you get to the middle of the eight again, breathe out while you trace the right part of the 8 with your finger.

**6 Sided Breathing**

Start at the left hand side of the hexagon.

Trace your finger over the "breathe in" side as you take a deep breath in.

Hold your breath as you trace the second side of the hexagon.

Breathe out as you trace the third side of the hexagon.

Then repeat for the bottom part of the hexagon.

**BREATHING USING YOUR IMAGINATION**

Breathe in like a flower, breathe out like you are blowing out birthday candles.

Breathe in blue sky, Breathe out gray skies.

Pretend your belly is like a balloon. Breathe in and make the balloon bigger, then breathe out and make the balloon shrink.

Smell the soup, cool the soup or smell the hot cocoa, cool the hot cocoa

**Darth Vader Breathing** - Pretend you have a straw in your mouth, suck in through the straw and breathe in. Breathe out like Darth Vader.

**Ocean Breathing** - breathe in and imagine the wave rolling in, breathe out and imagine the wave rolling out.

**Colour breathing** - Breathe in and imagine a calm, happy, positive colour. Breathe out and imagine a colour that represents stress, anxiety, etc. leaving your body.

**Soft Belly** - Say to yourself “soft” as you breathe in and “belly” as you breathe out.

**ANIMAL BREATHING**

**Whale breath**

Sitting criss-cross applesauce, sit up tall and take a deep breathe in, Hold it while you count to 5 with your fingers then tilt head up to blow it out of blowhole. You can also put your hands up on top of head to create the blow hole to “blow” out.

**Snake Breath**

Breathe in, pause briefly, then breathe out slowly while you make a hissing sound for as long as you can.

**Bunny Breath**

You can do this breathing either while sitting, or add movement to it.

Sitting version - make “bunny” hands in front of chest and take quick sniffs like a bunny.

Movement version - start in a squat and hop forward while taking quick bunny sniffs.

**Bumblebee Breath**

Breathe in and pretend you are smelling a flower. As you breathe out, make humming bee sound. Try different ways of making the sound - longer or shorter, high or low sounds.

**DEEP BREATHING WITH NUMBERS**

**5 - 5 - 10 breathing**

Breathe in for 5, hold for 5 and breathe out for 10.

**7-11 breathing**

Breathe in for 7, exhale for 11.

**Count to 10**

* Breathe in ONE
* exhale TWO
* Inhale THREE
* Exhale FOUR
* Inhale FIVE
* Exhale SIX
* Inhale SEVEN
* Exhale EIGHT
* Inhale NINE
* Exhale TEN