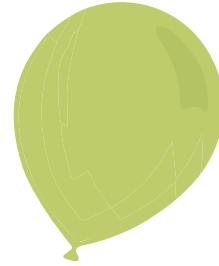


## Balloon belly breathing

- Ask children to place their hands on their bellies.
- Inhale deeply through the nose, imagining inflating a balloon in their stomachs and feeling their hands rise.
- Exhale slowly through the mouth, "deflating" the balloon and feeling their hands lower.
- Encourage a focus on the rise and fall of their hands.
- Repeat several times to feel calm and relaxed.



## Five-finger breathing

- Spread one hand out like a star.
- Use the index finger of the other hand to trace up and down each finger.
- Breathe in while tracing up a finger, and breathe out while tracing down.
- Continue until all five fingers have been traced.



## Bumblebee breathing

- Instruct children to sit comfortably.
- Breathe in deeply through the nose.
- On the exhale, hum like a buzzing bee.
- Feel the vibration in the face and chest.
- Repeat 4-5 times for a calming effect.



## Rainbow breathing

- Sit or stand comfortably.
- Imagine drawing a rainbow in the air.
- Inhale while tracing an upward curve with a hand.
- Exhale while tracing a downward curve.
- Repeat for all the colors of the rainbow, taking slow, deep breaths each time.
- Encourage children to think of different colors as they breathe in and out (e.g. "Breathe in red, breathe out orange...").



## Square breathing

- Imagine drawing a square in the air or on paper.
- Inhale for 4 counts while drawing the first side.
- Hold the breath for 4 counts while drawing the second side.
- Exhale for 4 counts while drawing the third side.
- Hold again for 4 counts while drawing the final side.
- Repeat 3-5 times.



## Feather breathing

- Hold an imaginary or real feather.
- Breathe in slowly through the nose.
- Exhale gently through the mouth, as if blowing the feather softly.
- Repeat to practice slow, controlled breathing.



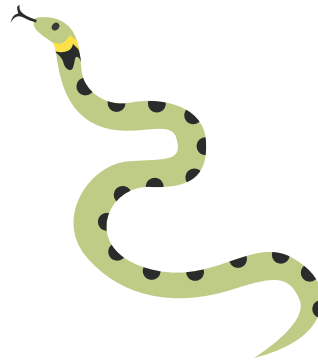
## Hot chocolate breathing

- Imagine holding a warm cup of hot chocolate.
- Breathe in deeply through the nose to "smell" the chocolate.
- Slowly breathe out through the mouth to "cool it down."
- Repeat 4-5 times.



## Snake breathing

- Take a deep breath in through the nose.
- Exhale slowly while making a hissing "sssss" sound like a snake.
- Encourage long, slow exhales to increase relaxation.



## Belly breathing

- Place one hand on the belly and one on the chest.
- Inhale deeply, feeling the belly rise.
- Exhale slowly, feeling the belly fall.
- Focus on keeping the chest still while the belly moves.



## Star breathing

- Draw a star in the air or use a printed star.
- Start at one point and inhale while tracing a line.
- Exhale while tracing the next line.
- Continue until the whole star is completed.



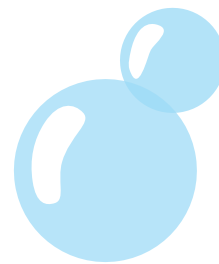
## Candle breathing

- Ask children to sit comfortably and imagine holding a candle.
- Inhale deeply through the nose.
- Exhale slowly through the mouth as if gently blowing out the candle's flame.
- Repeat several times to promote relaxation.



## Bubble breathing

- Have children visualise blowing bubbles.
- Inhale deeply through the nose.
- Exhale slowly and steadily through the mouth, imagining creating a big, gentle bubble.
- Encourage controlled breaths to keep the bubble intact.



## Hopping bunny breathing

- Sit in a crouched position like a bunny.
- Take three short sniffs in through your nose (like a bunny twitching its nose).
- Slowly exhale through your mouth in one long breath.
- Repeat several times, pretending to be a bunny hopping around.
- You can even hop lightly while doing this for extra fun!



## Flower breathing

- Pretend you're holding a beautiful flower.
- Take a deep breath in through your nose to "smell" the flower.
- Slowly breathe out through your mouth as if gently blowing the petals.
- Repeat 4-5 times, encouraging children to imagine different flowers and their scents.



## Butterfly breathing

- Sit with hands resting on shoulders (like butterfly wings).
- Take a deep breath in, lifting your elbows like a butterfly flapping its wings.
- Slowly breathe out, lowering your elbows back down.
- Repeat, syncing the movement with each breath.
- Option: Imagine the butterfly flying to different places with each breath (e.g., a garden, a meadow, a waterfall).

