

CALM DOWN WITH TAKE 5 BREATHING



How do you feel now?
Are you calm or would you
like to take another 5 breaths?

1. Stretch your hand out like a star.
 2. Get the pointer finger of your other hand ready to trace your fingers up and down.
 3. Slide up each finger slowly ~ slide down the other side.
 4. Breathe in through your nose ~ out through your mouth.
 5. Put it together and breathe in as you slide up and breathe out as you slide down.
- Keep going until you have finished tracing your hand.

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When I take a deep breath,



I smell a
flower,



Then blow out
a candle.



CALMING STRATEGIES **BREATHING EXERCISES**



Bunny Breathing



- ✓ Sit in a comfortable position
- ✓ Take 3 sniffs in through the nose
- ✓ Now exhale it out
- ✓ Repeat 3 times
- ✓ Take a long breath in and sigh it out!



Bubble Breath



- Imagine you have a wand to blow bubbles.
- Take a deep breath in through your nose.
- Slowly breath out through your mouth as if you are blowing a bubble through a wand.
- Repeat as many times as necessary.