

4-7-8 Breath

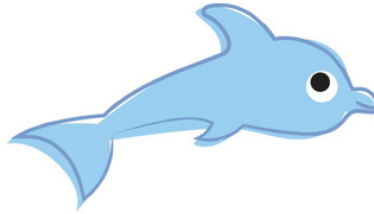
Inhale: Breath in through your nose
for 4 seconds
Hold the breath in for 7 seconds
Exhale slowly for 8 seconds



Narwhals & Waterfalls

Dolphin Breath

Inhale-Jump out of the Sea
Exhale-Dive into the Sea



Narwhals & Waterfalls

Bird Breath

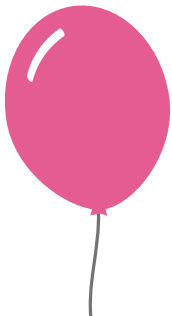
Inhale-Open Your Wings
Exhale-Close Your Wings



Narwhals & Waterfalls

Balloon Breath

Inhale-Place your hands on your belly
and breathe in to blow up your balloon
Exhale-Blow out all of the air in your belly
and lungs



Narwhals & Waterfalls

Lion Breath

Inhale-brave and strong.
Exhale- Give a ROAR!



Narwhals & Waterfalls

Starfish Breath

Inhale-Open your arms like a Star
Exhale- Put your arms back down to
your side.



Narwhals & Waterfalls

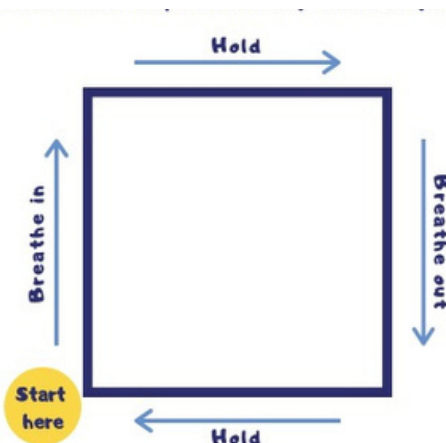
Hug Breath

Inhale- Give yourself a big hug.
Exhale-Open your arms wide



Narwhals & Waterfalls

Box Breath



Narwhals & Waterfalls

Birthday Cake Breath

Inhale-Breathe in the scent of your
birthday cake (chocolate, vanilla?)
Exhale- Blow out your birthday candle
and make a wish!



Narwhals & Waterfalls