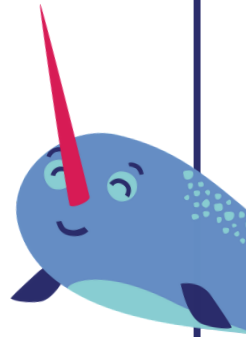


Breathing Strategies



Breathing can help you stay calm and is super fun with these techniques. Try them out!

Butterfly Breath-

Breathe in- Flap your wings up
Breath out-Flap wings back down



4-7-8

Breathe in through your nose for 4 seconds
Hold the breath in for 7 seconds
Breathe out slowly for 8 seconds



Balloon Breath-

Place your hands on your belly
Inhale and blow up your balloon
Feel your belly and lungs expand

Blow out all of the air in your belly and lungs.
Feel your balloon deflate.

