



Five Finger Breathing

Breathe in for 5 counts folding
in one finger at a time

Breathe out for 5 counts
unfolding each finger

Repeat a few times



Slime Breathing

**Imagine you have a ball of
slime in the palm of each hand**

**Squeeze the slime as hard as
you can as you breathe**

**Open your hands as you
breathe out**

Repeat this a few times



Birthday Cake Breathing

**Make one hand into a fist and
imagine it's a cake**

**Breathe in deeply 'smelling' the
cake**

**Breathe out 'blowing' out the
candles**

Repeat a few times



Balloon Breathing

Put your two hands in front of you and take a deep breath

As you breathe out move your hands like you're blowing up a balloon

As you breathe in again, make the balloon go down

Repeat this a few times



Bunny Breathing

Imagine you are a rabbit
sitting outside somewhere
warm and quiet

Take 3 short, quick sniffs
through your nose

Then breathe out through your
mouth

Repeat this a few times



Attitude of Gratitude

**Focus on your breathing - if
you want close your eyes**

**Think of one thing you are
grateful for and keep it in
your mind**

Continue breathing in and out

