



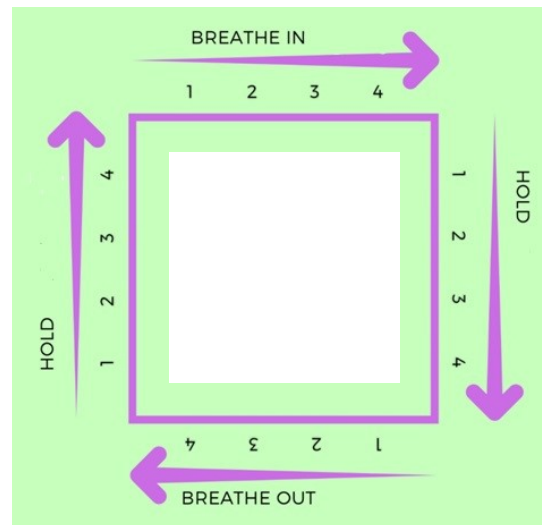
Find Your Calm



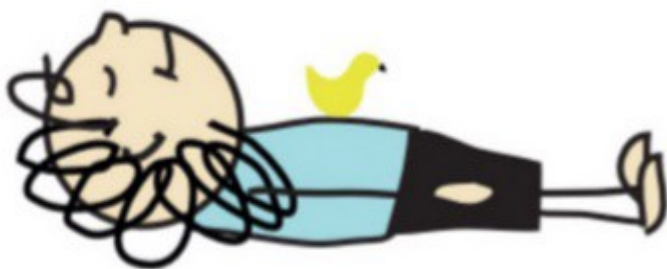
Rainbow Breathing



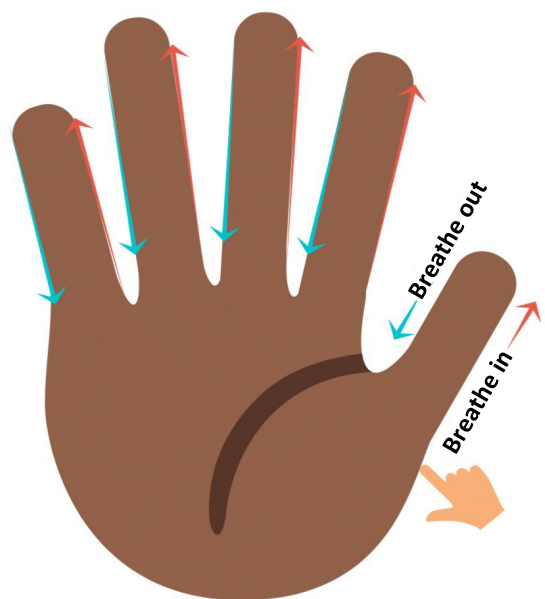
Square Breathing



Belly Breathing



5 Finger Breathing



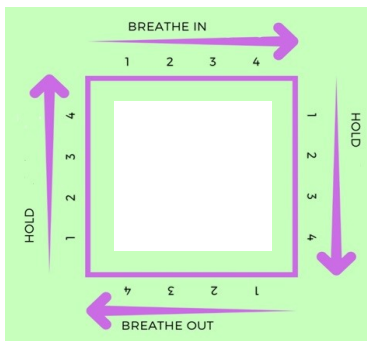


Find Your Calm



Square Breathing

1. Take a deep breath in through your nose for a count of 4
2. Hold your breath for 4
3. Breathe out through your mouth for 4
4. Hold your breath for 4



Rainbow Breathing

1. Put your finger at the bottom of the red stripe on the rainbow
2. Take a deep breath in through your nose as you trace the red stripe
3. Put your finger at the bottom of the orange stripe
4. Let your breath out through your mouth as trace the orange stripe
5. Repeat these steps with the next color in the rainbow

5 Finger Breathing



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. Breathe in through your nose as you slide up each finger
4. Breathe out through your mouth as you slide down the other side of your finger
5. Keep going until you have finished tracing your hand

Belly Breathing

1. Find a small toy
2. Lay on your back and put the toy on your belly
3. Take a slow, deep breath in through your nose and watch the toy go up
4. Breathe slowly out through your mouth and watch the toy go down
5. Repeat

