

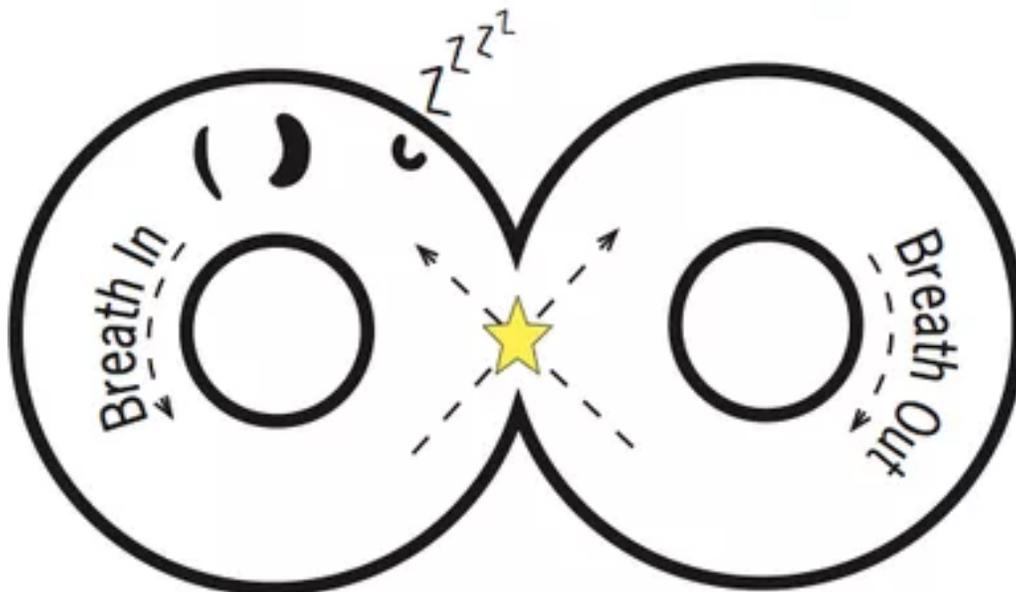
## Breathing Exercises:

### Flower/Candle:

1. Hold the left hand in a fist. Ask the child to imagine it is a flower.
2. Hold the right hand in a fist. Ask the child to imagine it is a candle, or, keep the hand open and pretend each finger is a candle.
3. Inhale for five seconds, pretending to sniff the flower.
4. Exhale for five seconds, pretending to blow out the candle(s), one exhale per finger.
5. Repeat five times.

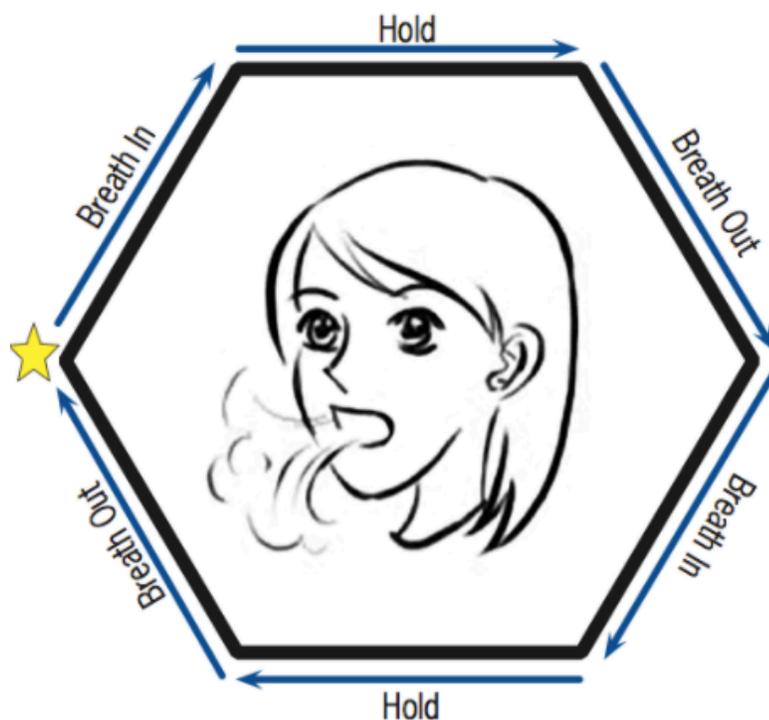
### Lazy 8 Breathing:

1. Trace the Lazy 8 with your finger, starting at the star, taking a deep breath in.
2. As you cross over to the other side of the 8, slowly exhale your breath.
3. Continue breathing around the lazy 8 until you have a calm body and mind.



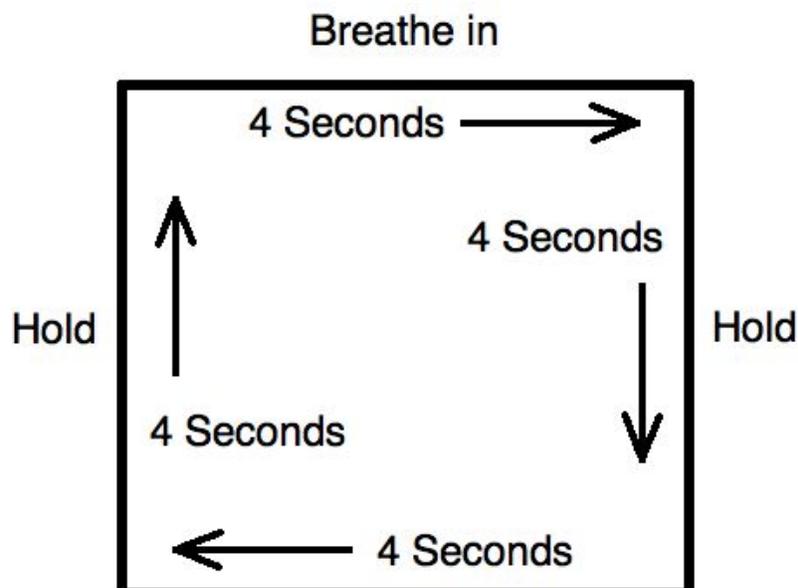
## Six-Sides of Breathing:

1. Start with your finger pointing to the star. (You can trace the shape in the air with your hand out as well).
2. Trace your finger along the sides of the hexagon, following the direction for each side.



## Square Breathing:

Steps- Same as above, but with four sides instead of six.





## **Pretzel Breathing:**

1. Stand up and cross your ankles.
2. Cross your right wrist over your left.
3. Point your palms down and turn your hands towards each other.
4. Interlace your fingers and bend your elbows so you can "pull" your hands towards your body and rest them on your chest.
5. Put your tongue on the roof of your mouth.
6. Relax and breath in for 4 counts, out for 4 counts.
7. Repeat as many times until you feel calm and relaxed.

## **Calming Sequence:**

1. Squeeze your hands together
  2. Close your eyes
  3. Rub your head
  4. Rub your legs
  5. Repeat four more times.
- \* Create your own calming sequence!