

Mindful Deep Breathing

A big deep breath can help you calm down and feel better.



Breathe **IN** through your **NOSE**.
Pretend you're smelling something delicious.

Breathe **OUT** through your **MOUTH**
Pretend you're blowing out
birthday candles



TRY IT!



Breathe **IN** for

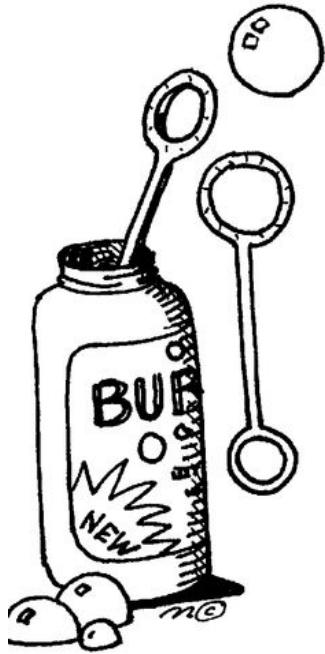
seconds -



Breathe **OUT** for

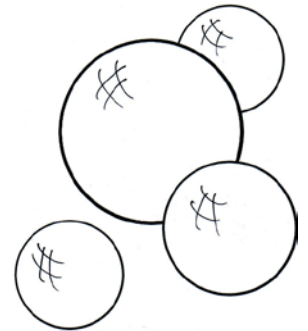
seconds.

Let's Take A Deep Breath!



Pretend you are blowing bubbles!

Hold your imaginary bubble wand,
take a deep breath in through your
nose and blow out the **BIGGEST**
bubble you can! Can you blow 6
giant bubbles?



Pretend you are a fire-breathing dragon!

Take a big breath in through your nose
and blow out as much imaginary fire as
you can. Try to imagine all of the yucky
feelings in your body blasting out of you
with your big dragon breath. Can you
blow out 6 big fiery breaths?

