

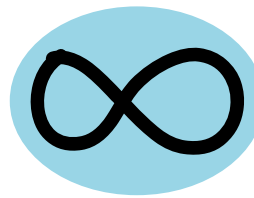
Mindful Breathing

Mindful breathing is a quick way to calm our body's nervous system in times of stress. Practicing mindful breathing techniques allows us to use a practical coping tool when we feel anxious, worried, or upset. When we slow down our breath and exhale (breathe out) more slowly in times of stress, it tells the parasympathetic nervous system to calm our body. Below are six different ways to perform mindful breathing. Practice each one using the cues on the card and identify the one you like best!



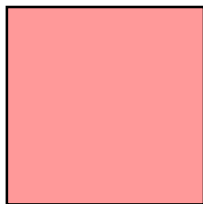
Your belly is like a balloon. Breathe in 5 times slowly and feel your stomach fill with air, slowly let your air out.

BALLOON BREATHING



Trace your finger along this sideways 8 like a track. Inhale at each side, exhale at the X. Practice 5 times.

INFINITY BREATHING



Use your finger to trace along each side of the square box. Inhale, hold, exhale, hold.

BOX BREATHING



Each of your breaths is a color of the rainbow. Quietly name each color as you breathe from red down to purple.

RAINBOW BREATHING



Your breathing is slow and steady like a sloth. Breathe in and out 3 slow deep breaths.

SLOTH BREATHING



Each of your 5 fingers is a breath. Breathe in and slowly blow out each finger.

FINGER BREATHING

