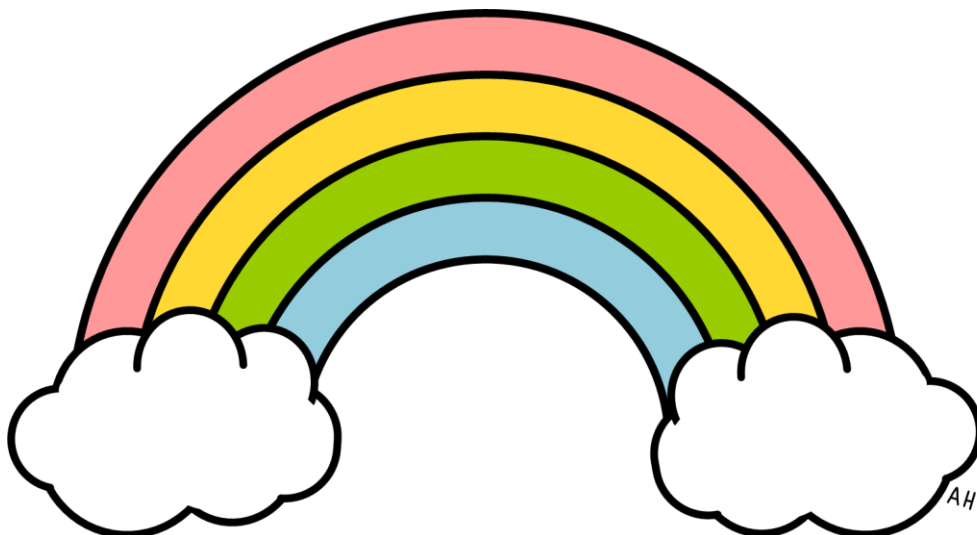




# MINDFUL BREATHING POSTERS

With bright, engaging visuals and simple step-by-step instructions, these posters make it easy for students to practice mindful breathing independently. Whether used in general education, special education, or therapy settings, this resource is a must-have for fostering a calm, focused, and emotionally balanced classroom. Download and print today to create a more peaceful and self-regulated learning environment!



# Mindful Breathing Posters – Set of 8

Help students develop essential self-regulation skills with this set of 8 mindful breathing posters, designed to provide visual guidance for deep breathing exercises. These posters come in two sizes to fit various classroom spaces, making them perfect for calming corners, hallways, or individual student work areas.

## Why Mindful Breathing?

Mindful breathing is a simple yet powerful tool to help students manage stress, regulate emotions, and improve focus. When students engage in deep breathing, they activate the parasympathetic nervous system, which helps calm their bodies and minds. This can lead to:

- **Better Self-Regulation** – Students learn to recognize their emotions and use breathing techniques to calm down when feeling overwhelmed.
- **Improved Focus & Attention** – Deep breathing increases oxygen flow to the brain, helping students concentrate on learning tasks.
- **Reduced Anxiety & Stress** – A quick breathing break can help students feel more in control, reducing frustration and meltdowns.
- **Smoother Transitions** – A structured breathing routine can ease shifts between activities, helping students settle into learning more easily.

## How to Use These Posters:

- In a **calming corner** to support students who need a break.
- During classroom **mindfulness moments** to encourage focus and emotional regulation.
- As part of **morning meetings** or **end-of-day routines** to promote a peaceful learning environment.
- For **individual use** with students who need extra support in managing emotions.

# FINGER BREATHING



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

Mindful breathing is a quick way to calm your body's nervous system in times of stress. Practicing mindful breathing techniques allows you to use a practical coping tool when you feel anxious, worried, or upset.

# SLOTH BREATHING



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

Mindful breathing is a quick way to calm your body's nervous system in times of stress. Practicing mindful breathing techniques allows you to use a practical coping tool when you feel anxious, worried, or upset.

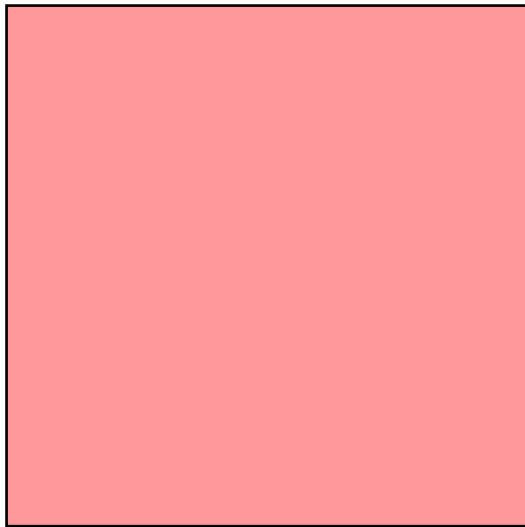
# RAINBOW BREATHING



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

Mindful breathing is a quick way to calm your body's nervous system in times of stress. Practicing mindful breathing techniques allows you to use a practical coping tool when you feel anxious, worried, or upset.

# BOX BREATHING

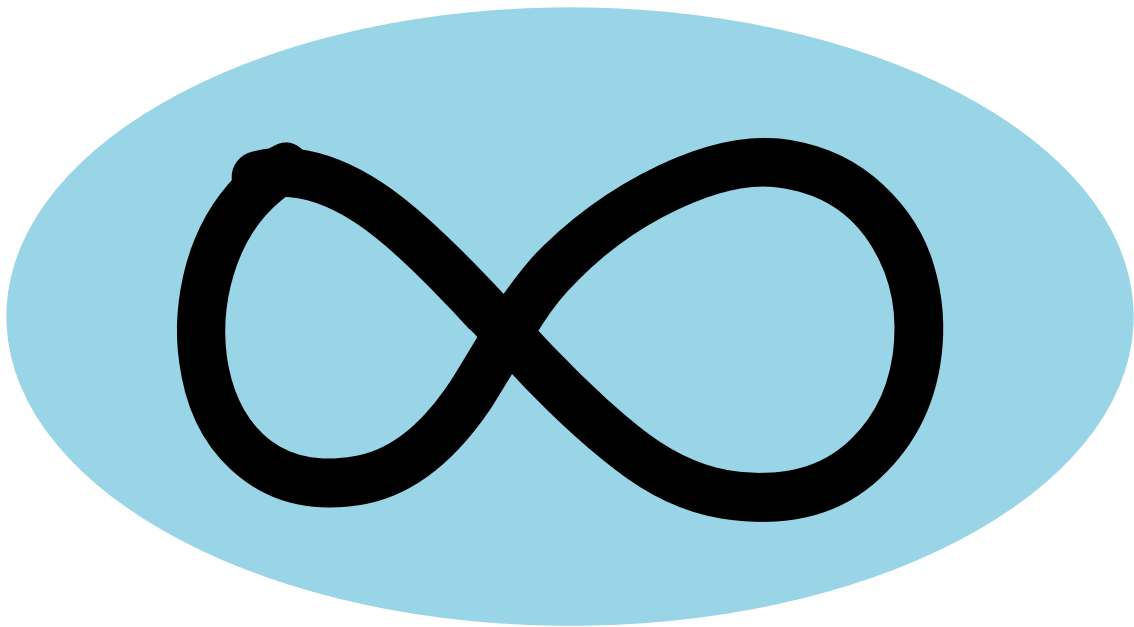


Use your finger  
to trace along  
each side of the  
square box.  
Inhale, hold,  
exhale, hold.

Mindful breathing is a quick way to calm your body's nervous system in times of stress. Practicing mindful breathing techniques allows you to use a practical coping tool when you feel anxious, worried, or upset.

# INFINITY BREATHING

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



Mindful breathing is a quick way to calm your body's nervous system in times of stress. Practicing mindful breathing techniques allows you to use a practical coping tool when you feel anxious, worried, or upset.

# BALLOON BREATHING



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

Mindful breathing is a quick way to calm your body's nervous system in times of stress. Practicing mindful breathing techniques allows you to use a practical coping tool when you feel anxious, worried, or upset.



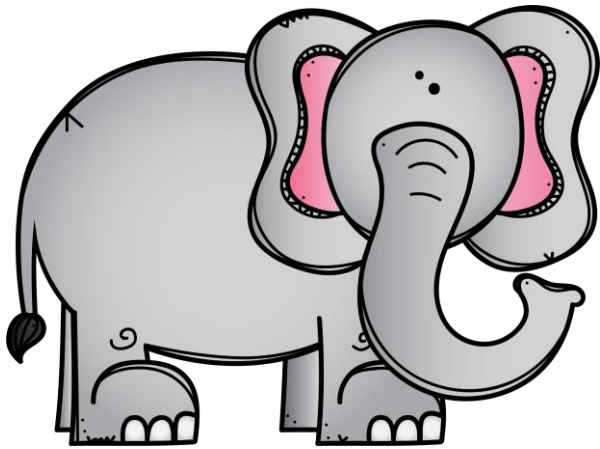
# **HOT CHOCOLATE BREATHING**



Imagine holding a cup  
of hot chocolate.  
Breathe in through your  
nose, smelling the  
chocolate, then breathe  
out to cool it down.

Mindful breathing is a quick way to calm your body's nervous system in times of stress. Practicing mindful breathing techniques allows you to use a practical coping tool when you feel anxious, worried, or upset.

# ELEPHANT BREATHING



Pretend your arm is an elephant's trunk. Breathe in as you raise it up, then breathe out as you let it swing down slowly.

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# FINGER BREATHING

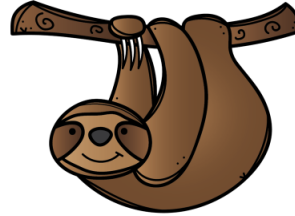


Each of your 5 fingers is a breath. Breathe in and slowly blow out each finger.

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# SLOTH BREATHING



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

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# RAINBOW BREATHING

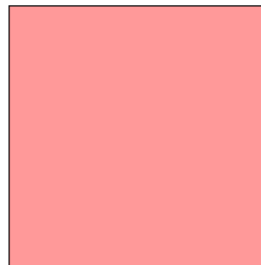


Each of your breaths is a color of the rainbow. Quietly name each color as you breathe from pink down to blue.

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# BOX BREATHING



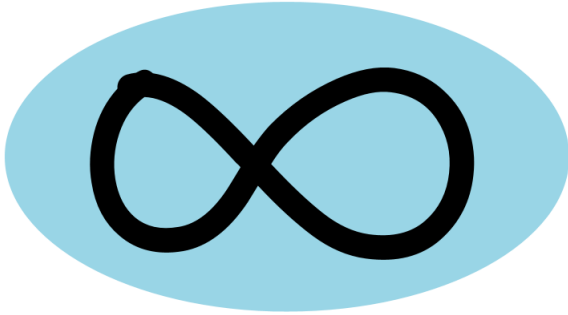
Use your finger to trace along each side of the square box. Inhale, hold, exhale, hold.

Mindful breathing is a quick way to calm your body's nervous system in times of stress. Practicing mindful breathing techniques allows you to use a practical coping tool when you feel anxious, worried, or upset.

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# HOT CHOCOLATE BREATHING

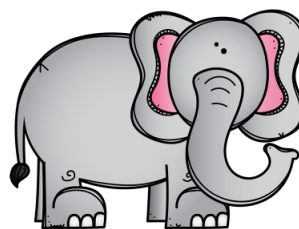


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# ABOUT POSITIVELY MOXIE

Molly (a junior high school counselor and former elementary school teacher) and Jill (a school-based occupational therapist) have teamed up to empower teachers, counselors, therapists, and parents who want to teach young people the skills to better coach their brains for greater well-being and resilience. The science of positive psychology, counseling techniques, self-regulation, cognitive behavioral therapy, sensory processing, executive functioning, and brain science influences us.



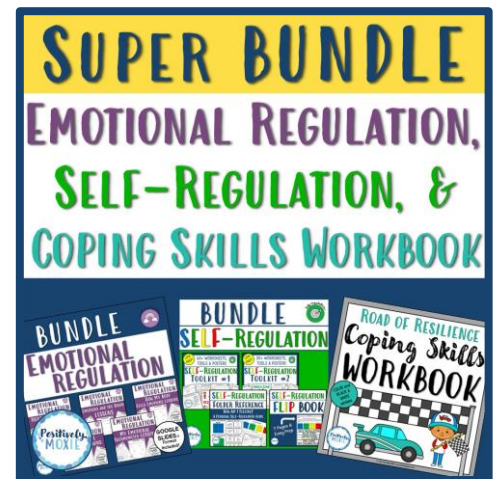
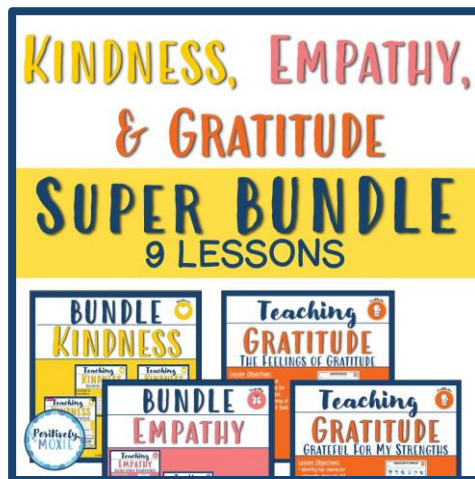
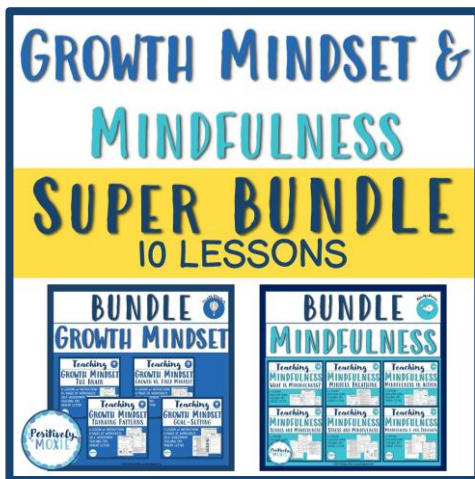
We understand our students and youth need as many “tools” in their toolbox as we can give them. Molly and Jill are passionate about creating relevant, high-quality, and actionable resources to address well-being and resilience skills for students!



## Creating Confidence, Calm, and Connection



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