

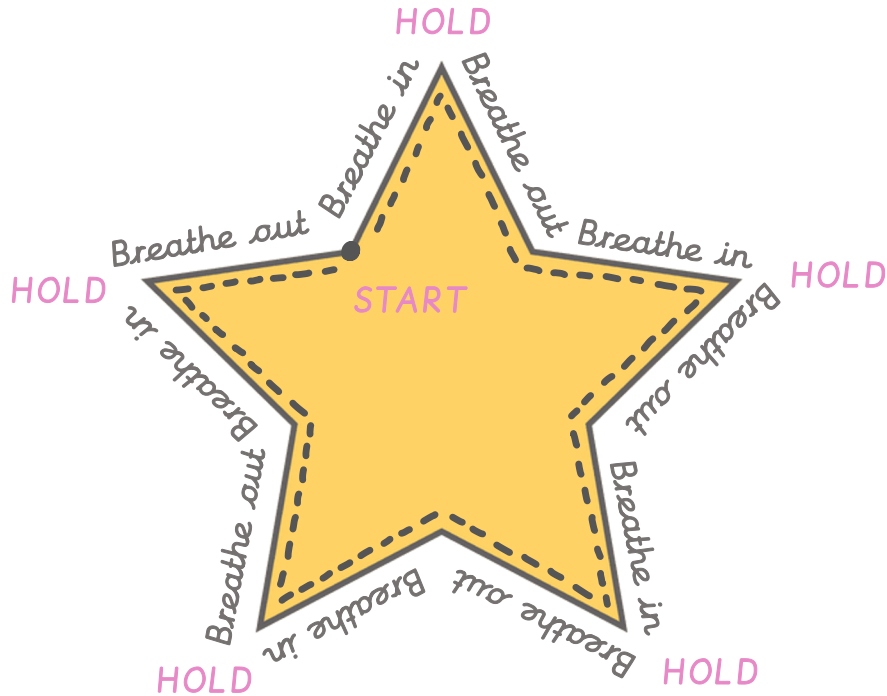
Mindfulness Breathing Cards

Miss van Gelder

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Star Breathing

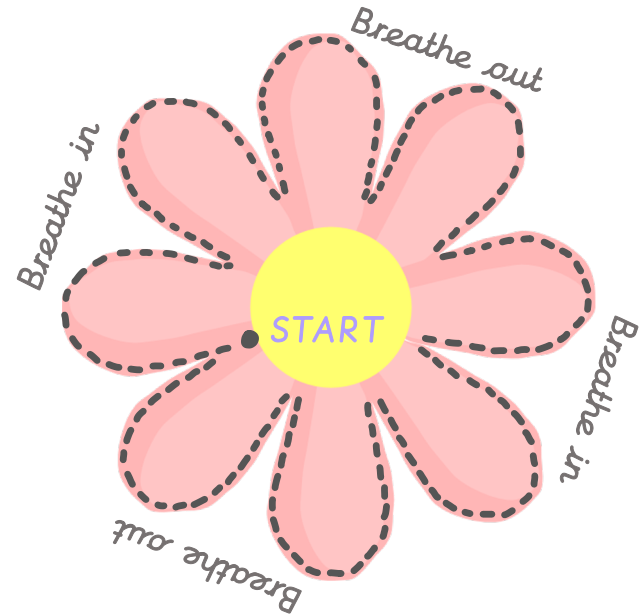
Imagine all the stars in the night sky.



Use your pointy finger to slowly trace around the star.
Breathe in through your nose and out through your mouth.

Flower Breathing

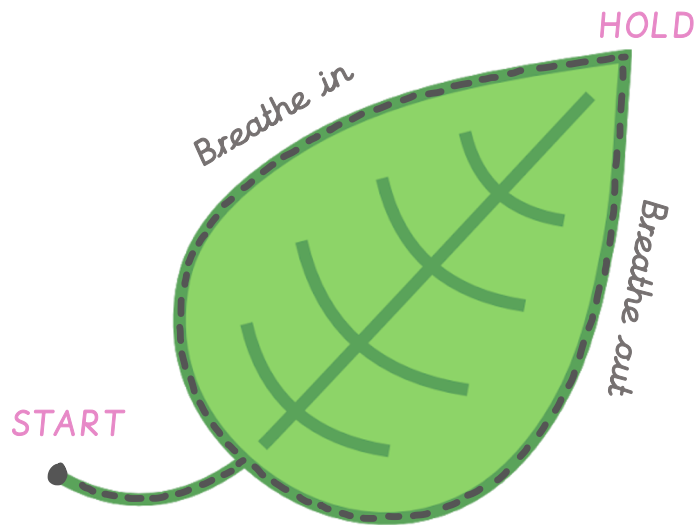
Take a deep breath like you are smelling a flower.



Use your pointy finger to slowly trace around the flower.
Breathe in through your nose for 2 petals and out through your mouth for 2 petals.

Leaf Breathing

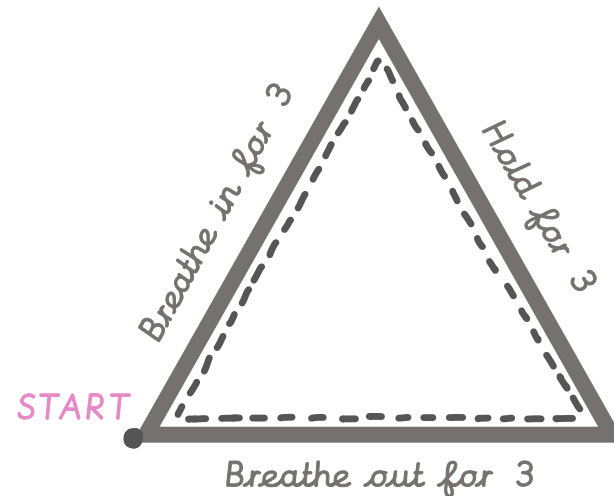
Imagine all the leaves on a big, tall tree.



Use your pointy finger to slowly trace around the leaf.
Breathe in through your nose and out through your mouth.

Triangle Breathing

Imagine 3 objects that are shaped like a triangle.



Use your pointy finger to slowly trace around the triangle.
Breathe in through your nose and out through your mouth.

Rainbow Breathing

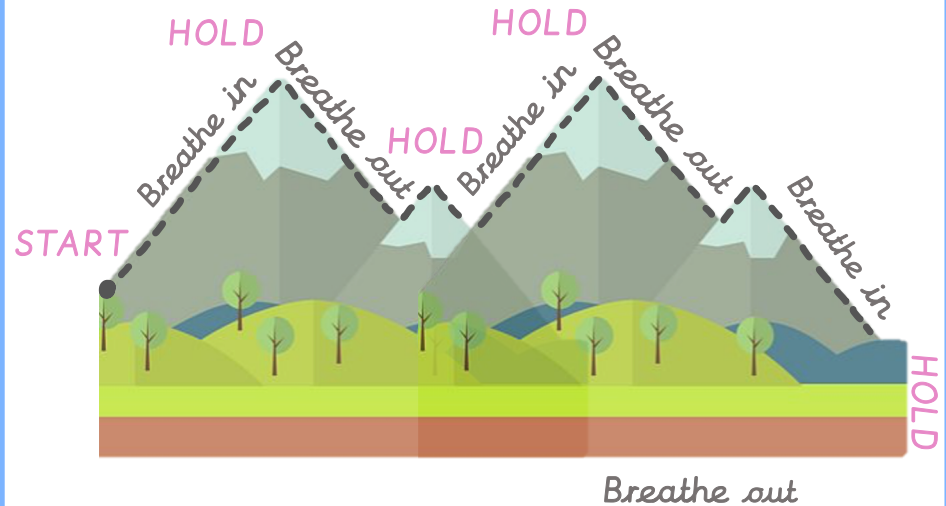
Imagine a rainbow and think of each colour as you breathe.



Use your pointy finger to slowly trace each colour of the rainbow.
Breathe in through your nose and out through your mouth.

Mountain Breathing

Imagine you are climbing and exploring the mountains.
What do you see around you?



Use your pointy finger to slowly trace around the mountains.
Breathe in through your nose and out through your mouth.

Hot chocolate Breathing

Imagine you have a yummy hot chocolate. Do you have a favorite mug? What does it look like?



- 1) Hold your hot chocolate with both hands.
- 2) Slowly smell the hot chocolate - Yum
- 3) Breathe out through your mouth.

Dragon Breathing

Imagine you are a fire-breathing dragon. What colour are you? What do you look like?



- 1) Take a deep breath through your nose.
- 2) Put your hand in front of your mouth
- 3) Breathe out onto your hand and feel the warmth.

Balloon Breathing

Imagine blowing up a balloon.

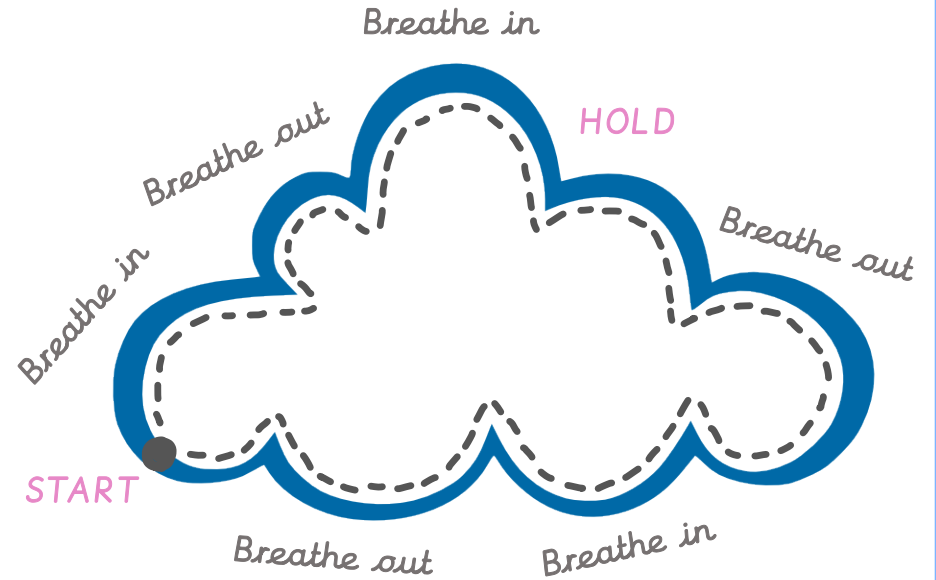


Lie down on the floor if you can and place your hands on your tummy.

Breathe in your nose and fill your tummy like a balloon.
Breathe out and repeat.

Cloud Breathing

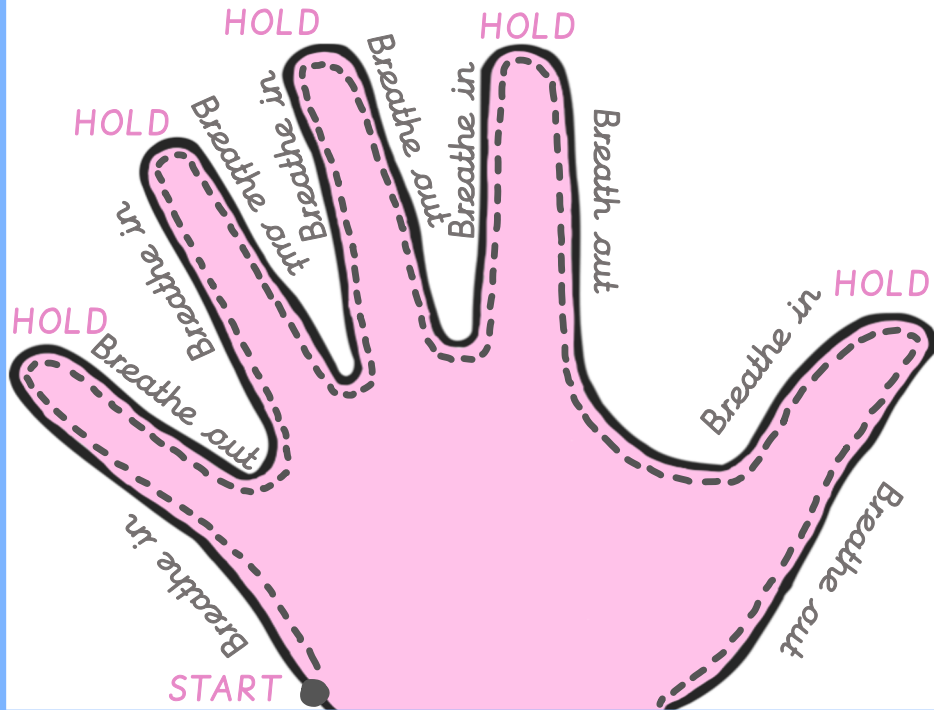
Imagine climbing on a soft, fluffy cloud.



Use your pointy finger to slowly trace around the cloud.
Breathe in through your nose and out through your mouth.

High-five Breathing

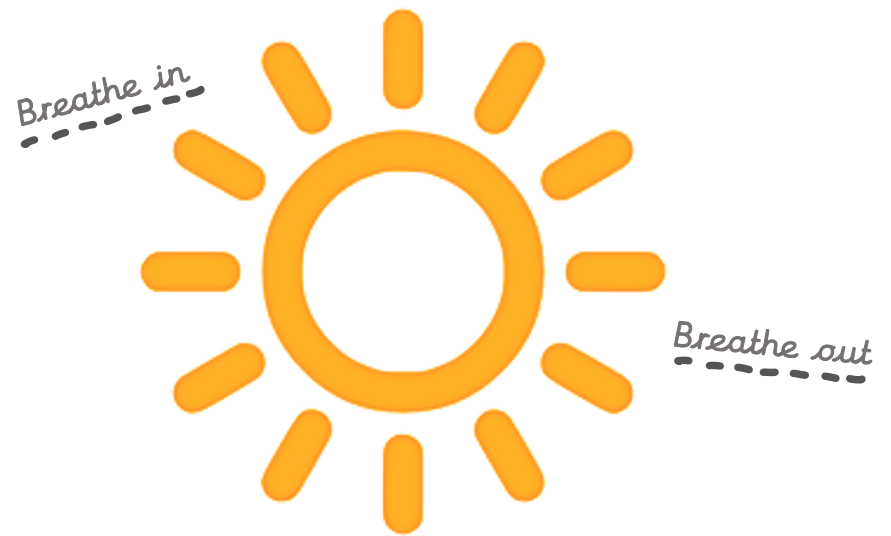
Imagine a rollercoaster riding along your fingers.



Use your pointy finger to slowly trace around the hand or your own hand. Breathe in through your nose and out through your mouth.

Sun Breathing

Imagine the warmth of the sun on your skin.



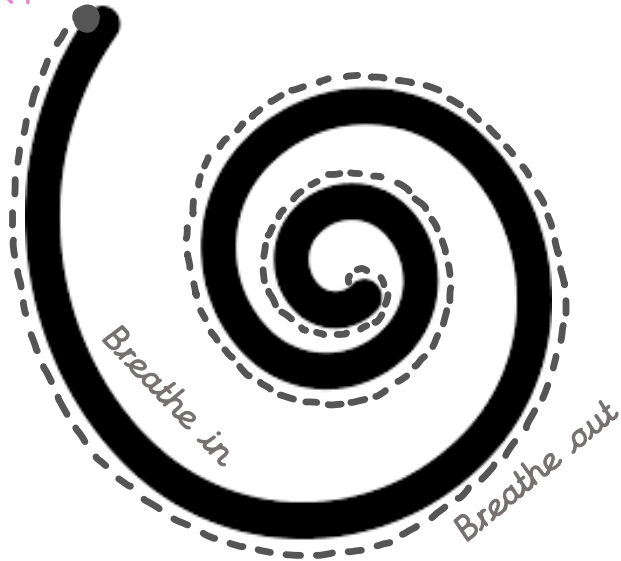
Lie down on the floor if you can and close your eyes. Imagine the warm sun on your skin.

Breathe in your nose and out your mouth slowly 5 times.

Spiral Breathing

Imagine you are on an exciting journey.

START



*Use your pointy finger to slowly trace the spiral.
Breathe in through your nose as you travel to the middle and breathe out through your mouth as you go back out of the spiral.*