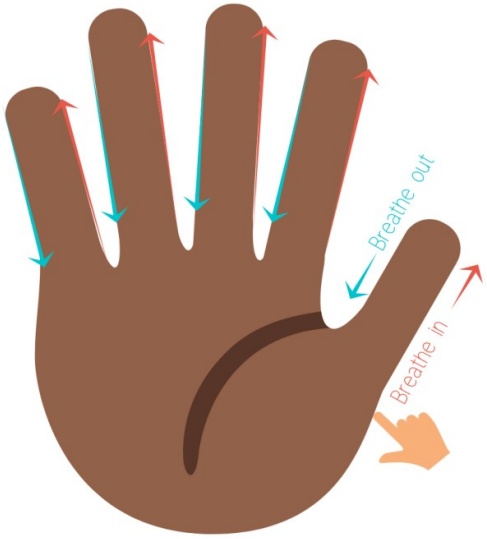
BREATHING TOOLS – Breath yourself Calm

Five Finger Breathing – Stretch out one hand so you have space between each finger. Using your pointer finger from the other hand start at the bottom of your thumb and trace up while you SLOWLY breathe IN nose. When you get to the top of your finger SLOWLY breathe OUT through your nose. Repeat for all fingers until you have traced your whole hand. You can also do the other hand☺



Pretzel – Put both arms in straight out in front and put one arm on top of the other. Point your thumbs down to the ground and palms of your hands face each other. Interlace your fingers. Slowly fold your hands towards your body and up towards your chest. Rest your folded hands on your chest and cross your legs. You are a pretzel! Take 5 slow breaths and slowly unfold. You can also try with your other hand on tops.

FIND a HOW TO VIDEO at: https://bloomingabilities.com/pretzel









Blowing Cotton Balls – use a straw to blow cotton balls to play a hockey game, go through a maze, etc…

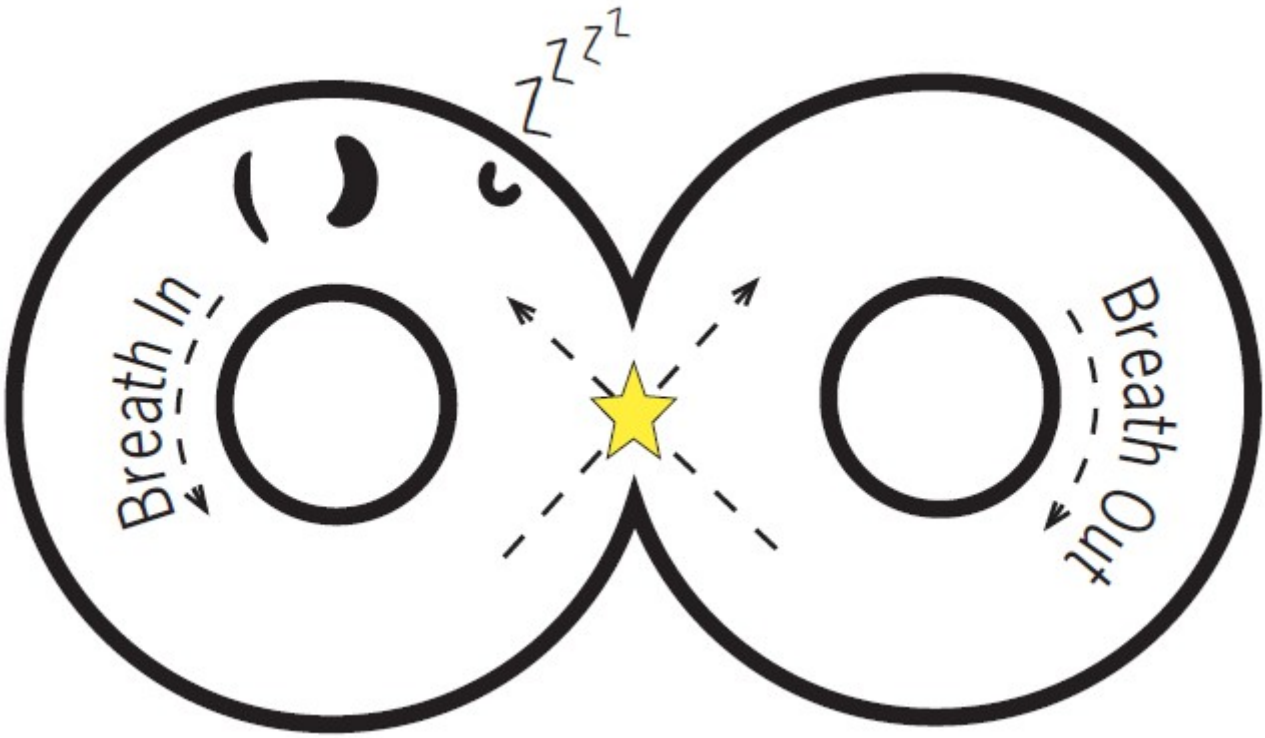
T-Rex Breathing or Lion's Breath

Take a big breath in through your nose. Open your mouth and stick out your tongue as you breathe out – HAAAAAAA. Repeat 5X.





Infinity Breathing – SLOWLY trace the Lazy 8 (starting at the star) and breathe IN your nose and OUT your nose as you trace. You can also make this on the carpet, on your hand, on your leg, on a table… where do you like to draw it best? Continue until your body feels more relaxed and calm; at least 5-10 times.



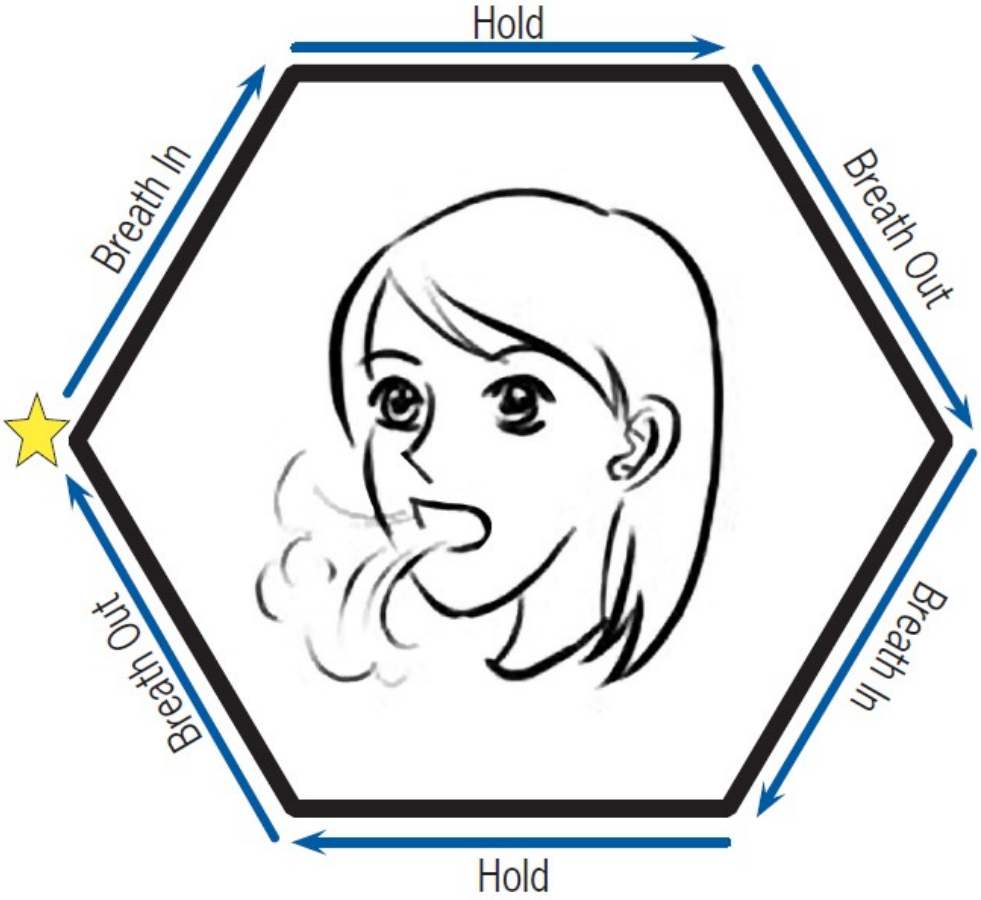
Kleenex – Lay on your back and place a tissue/Kleenex on your face; or standing hold a Kleenex in front of your face and take some deep breathes, blowing the Kleenex away from your face.



Flower and Candle Breathing – Hold both hands in a fist near your chin and hold pointer finger pointing up. Imagine the left finger is a flower – breathe in… turn your head and imagine the right hand is a candle – breathe out to low out the candle. Sniff the flower, and blow out the candle. Continue 5-10 times



Six Sided Breathing – Keep tracing and breathing SLOWLY until you feel more calm – at least 5 times!



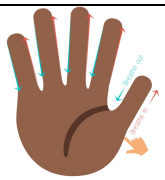
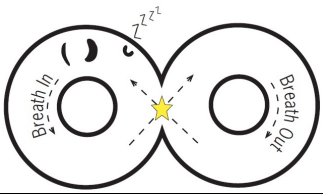
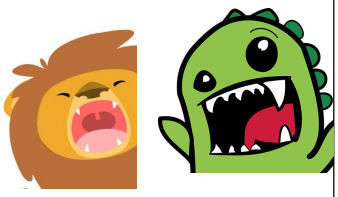
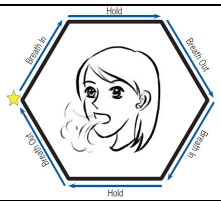
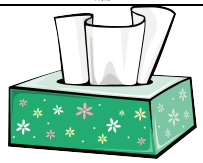
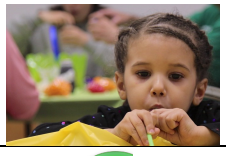


Balloon Breathing – (Also called diaphragmatic breathing or deep breathing). Lie down on your back. Place one or both of your hands on your belly. Imagine that there is a balloon in your belly. Breathe in slowly and feel your balloon fill with air as it raises your hands. Now breathe out slowly and gently let the air out of your balloon. Repeat several times. **OR**
Find your favourite stuffed animal and place it on your tummy & give it a ride! As you breathe IN, it will go up and as you breathe OUT in will go down.

Musical Instruments – any that require blowing – whistles, harmonica, etc…

I CAN TAKE A BREATHE in SO MANY DIFFERENT WAYS!

Put a sticker, X or a checkmark each time you try one of these ways of breathing.
NOTICE… How do you feel before? How do you feel after?

										
										
										
										
										
										
										
										
										
OTHER										