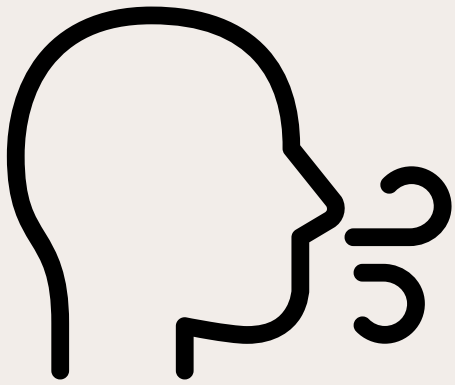
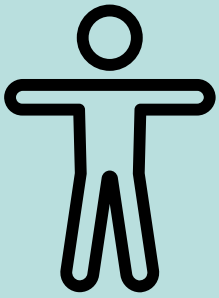
USING YOUR SUPER POWERS



BREATH







EXPLORE. DISCOVER. GROW.

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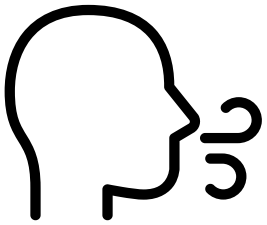
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USING YOUR SUPERPOWERS

BREATH



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INTRODUCTION



Did you know... Breathing is one of YOUR super powers?

When you feel any big emotions (e.g. worry, stress, ovwerhelm, sacred, angry, distracted)...

Taking a DEEP, SLOW breath can send the brain a message to relax and remind your brain, "Everything is safe"
Then... your brain sends that message to the rest of your body!

Do you know... how many times on average we as humans breathe every single day?



It's a really big number.

22,000 breaths a day!



We are powered by a breath.
It's literally what keeps us alive,
It does it automatically. We don't even notice it a lot of the time.

AND we can use our breath as a superpower.
Get into your superhero stance!

When you take charge of your breathing, you can change how your whole body feels.

And it's one of our best superpowers for four reasons...

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WHY YOUR BREATH is a SUPER POWER



1. **Our breath is always with us**. Our lungs are always safely inside our bodies, and they come with us everywhere we go.
2. We can change our breathing to change how we feel without anyone around us. Just **like a spy**, we can use our superpower of breathing, and it can help us feel better... and no one around us might even notice! How cool!!
3. Our breath **connects** our entire brain, body, blood system, and nervous system. **Everything**, literally every part of our body can be connected and supported through our breathing.
4. Our breathe can be **like a pause button** that you might click on Netflix or on a movie or on Your system when you need to take a little break. Maybe you even need to run to the bathroom. It's that pause button.

We know why breathing is important and why it works, and why it helps us. Now let's explore some fun ways to start using our breath as our **superpower**.

There are MANY different ways to explore and use our breath. We can breathe with shapes, like animals, like nature, like food, using our body, or like other things you might like... did you know you can breathe like a train? like Darth Vader? Like a balloon? or like a car?

Let's get started so YOU can discover which kinds of breathing you liike best... so you can practice and use it as your very own SUPER POWER!!





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BREATHING

With Shapes

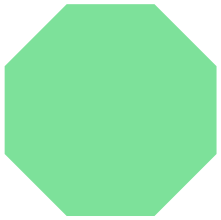








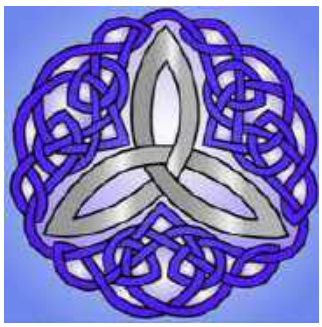












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INTRODUCTION to BREATHING WITH SHAPES

There are shapes all around us!

Do you have some favourite shapes that you like to look at? draw? colour?

Explore the shapes in this booklet.
You can trace the shapes with your finger as you breathe.
You can trace the shape with the end of a chopstick, a marker, or a pen.
You can even trace them with your eyes.

Explore WHERE you will put the booklet...
in a binder? in your room? in the family room? in the car?
OR pick your favourites and maybe you want to post them...
on your fridge? in your room? on your door? in the entry?

Explore how many times you trace a shape, to feel calm and relaxed in your body. You can trace one shape 10 times, or 10 shapes one time each.
You can experiment and see what feels best for YOU and YOUR body!

Explore WHEN you will practice. Pick one or two times EVERY day, to practice breathing with one of the shapes.
It takes practice to harness our superpowers!

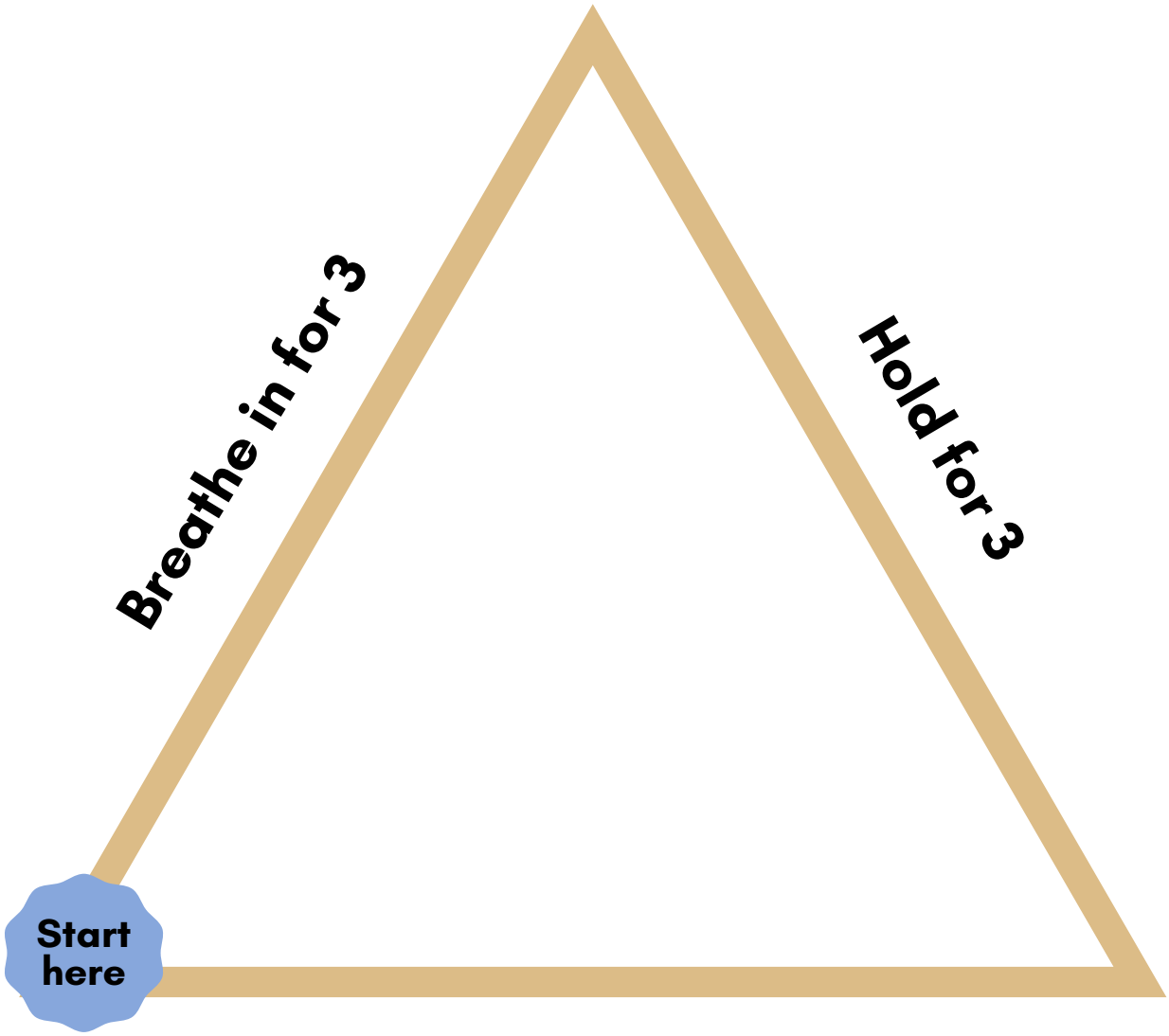
You will **discover** which way works best for you!
You will **discover** which shapes are your favourite!
You will **discover** how to have fun breathing with shapes!

FIRST, we want to practice when we feel happy, safe and calm.
THEN, our superpowers will **grow** and be ready to use when our emotions feel bigger, bolder and stronger... and our super breath can bring us back to a place of safety and calm!

Ready? Let's get started on this journey together!

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TRIANGLE BREATHING



Breathe out for 3

Starting at the left bottom of the triangle.Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.

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SQUARE BREATHING

aka BOX BREATHING

Hold for 4

Breathe in for 4

Breathe out for 4

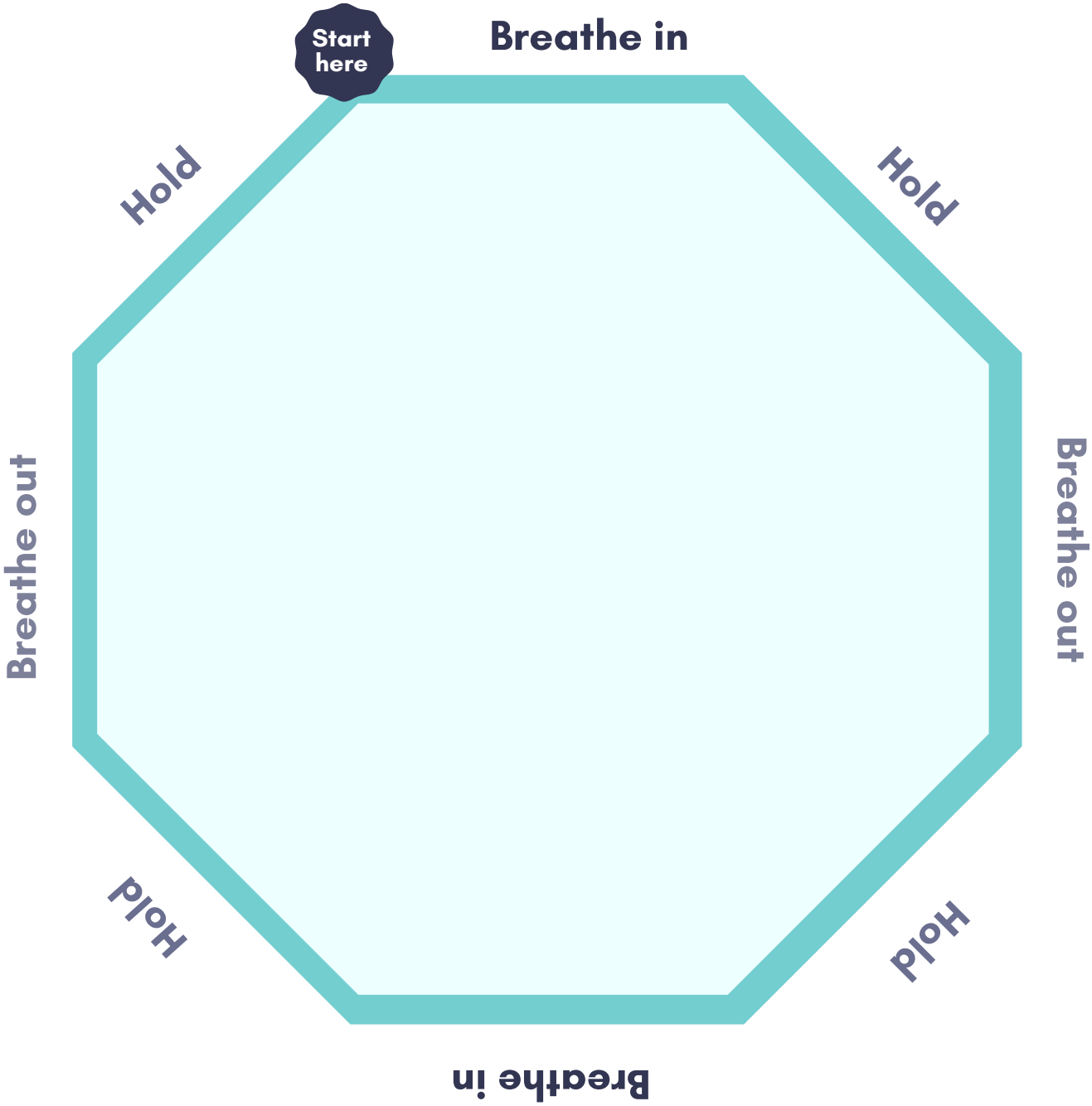
Start here

Hold for 4

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

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8 SIDED BREATHING



Trace your finger along one side of the octagon as you breathe in, keep tracing as you hold, breathe out, hold, breathe in. Keep tracing the octagon until your body and brain feel connected and calm. Your breath is here to support you as you stop before your proceed.

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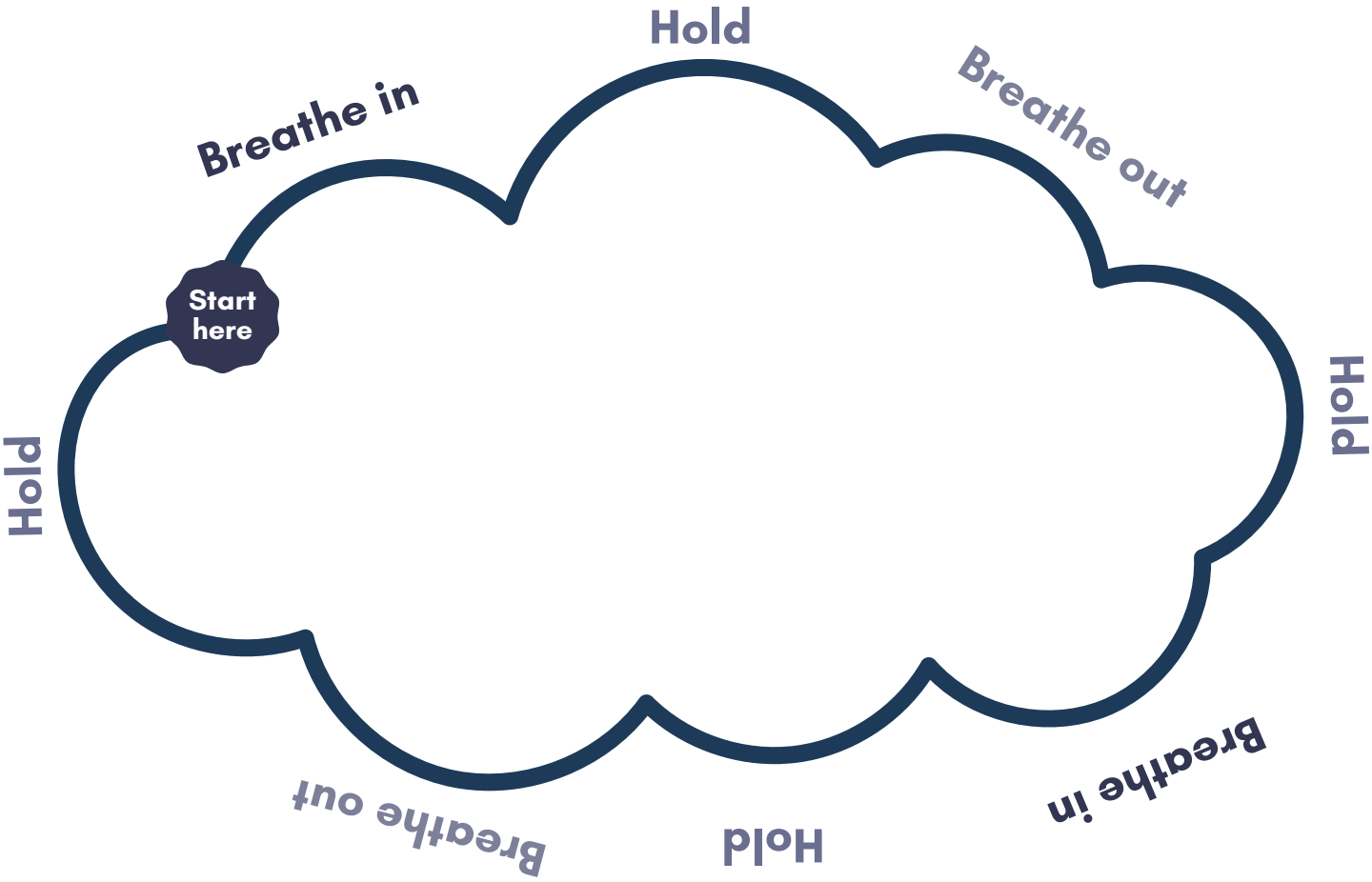
STAR BREATHING



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

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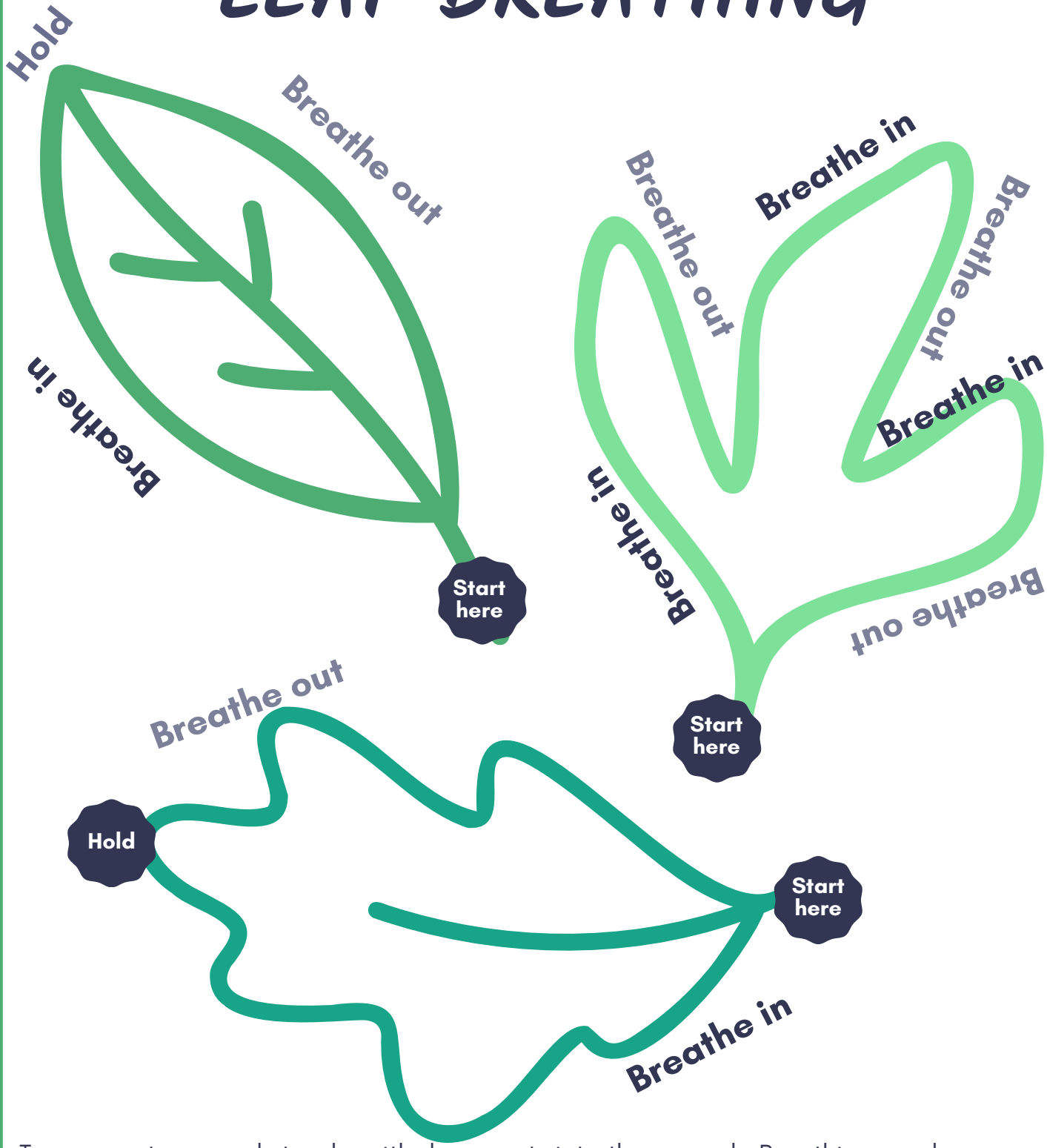
CLOUD BREATHING



Trace your finger up along one bump of the cloud while you take a deep breath in. Hold your breath as you trace the next bump, and breathe out as you slide over the next bump. Hold while you trace a bump, then breathe in... Keep going with this pattern until you've gone around the whole cloud a few times. You can trace with your finger or your eyes. When you are outside you can even explore tracing a cloud in the sky to do this type of breathing! It is with you anywhere you go.

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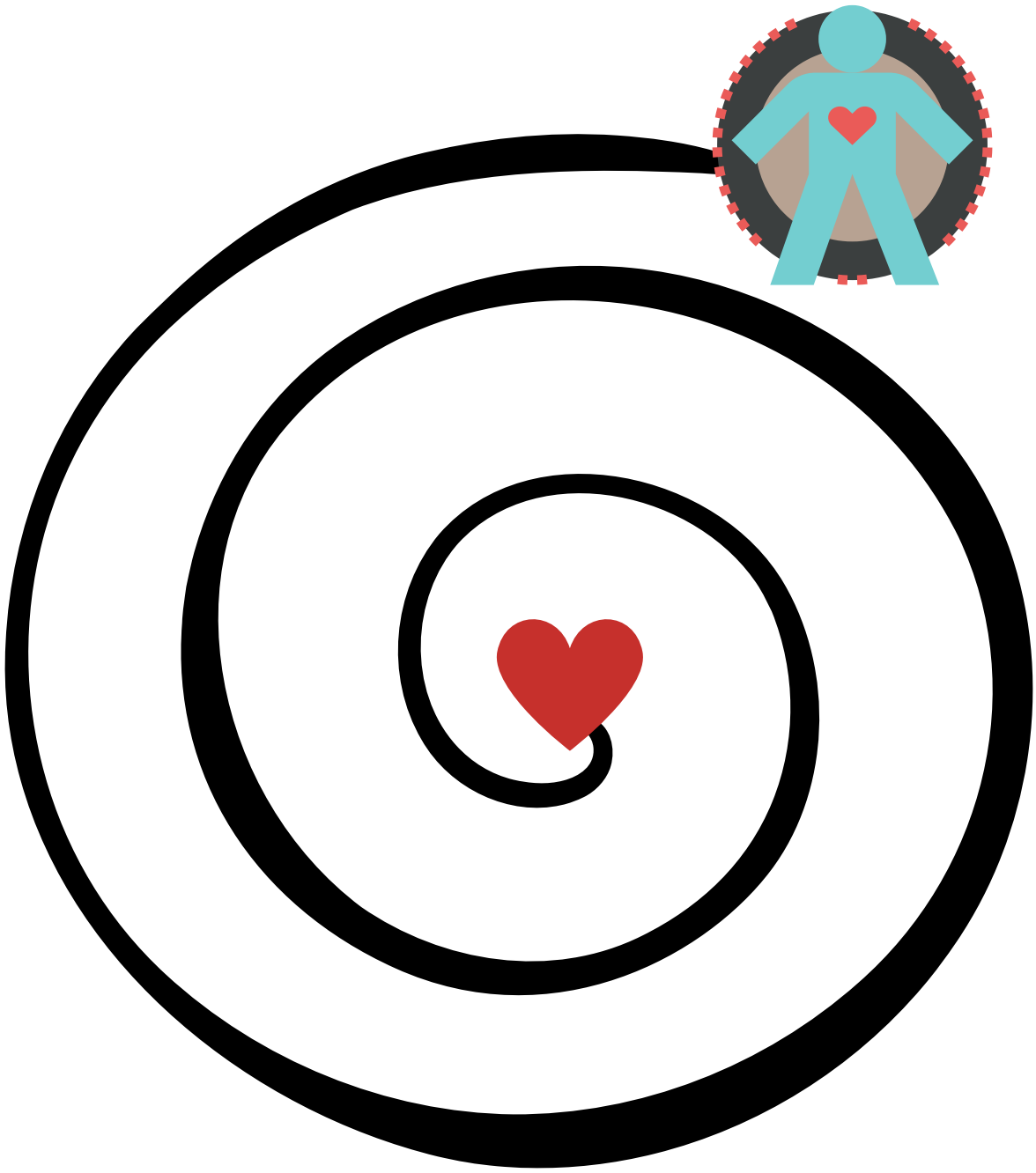
LEAF BREATHING



Trees are strong and steady, with deep roots into the ground. Breathing can be a way to ground your body and feel safe and comfortable again. Pick a leaf, or trace each one a few times. Start at the stem, then trace the outside of the leaf as as you breathe in & out, LONG, SLOW, DEEP belly breaths. BONUS: Collect your own leaves, and trace around them as you breathe... or make a crayon rubbing to trace as you breathe!

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TRACE & BREATHE



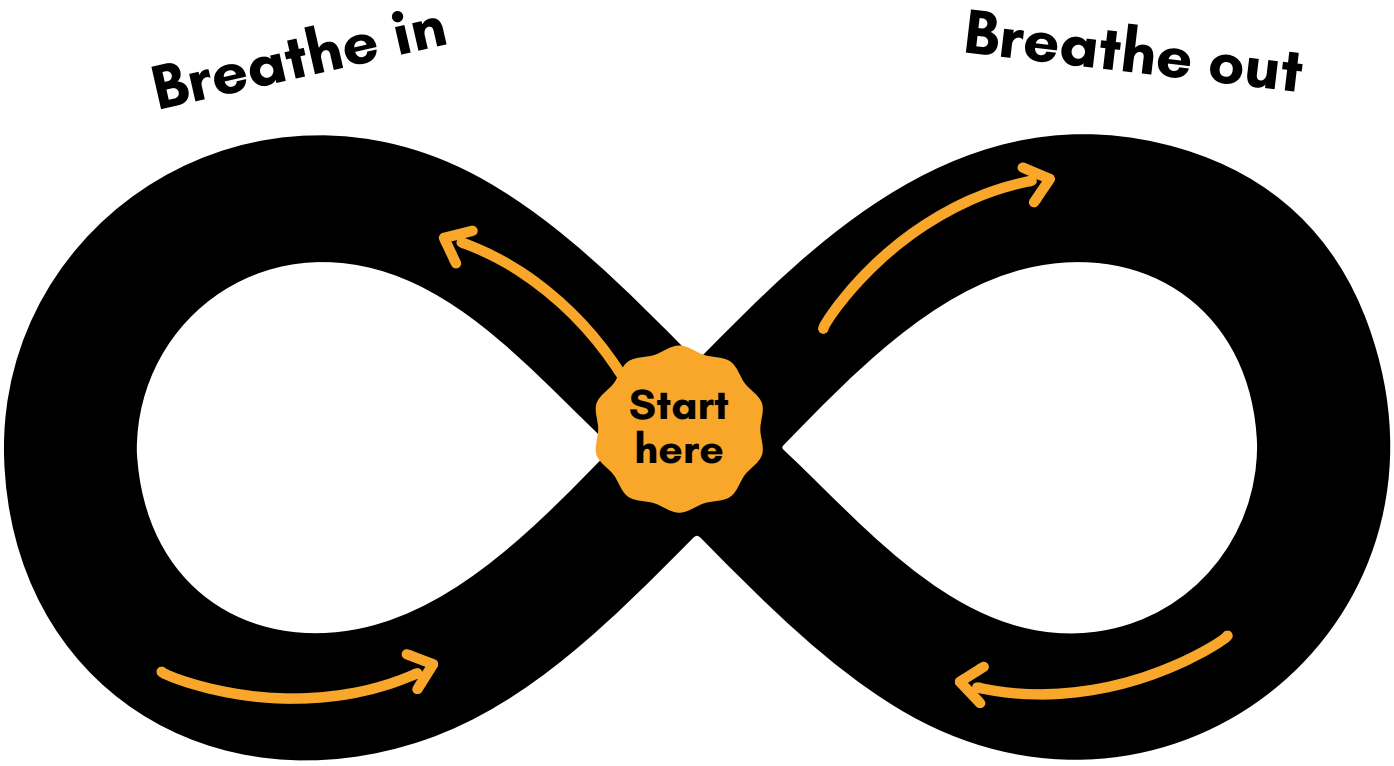
Staring at the heart (the very center of you), breathe in as you trace your finger around the spiral and out to the body (the wholeness of you). Breathe out as you trace your way back to your heart. Repeat 5-10X.

You can ALWAYS come back to YOUR heart and YOUR center, from the inside to the outside of the ONE and ONLY wonderful YOU!!

OPTION: As you breathe in and out, place one hand on your heart.

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INFINITY BREATHING



Your breath never ends. It supports you every single moment of every day of your life! Infinity breathing reminds us that our breath is here to support us.

Start in the middle of the infinity symbol. Trace your finger up and around while you take a deep breath in. And then.... Breathe out as you cross the middle and go around the other side. Continue slow and steady, with long, slow, deep breaths.

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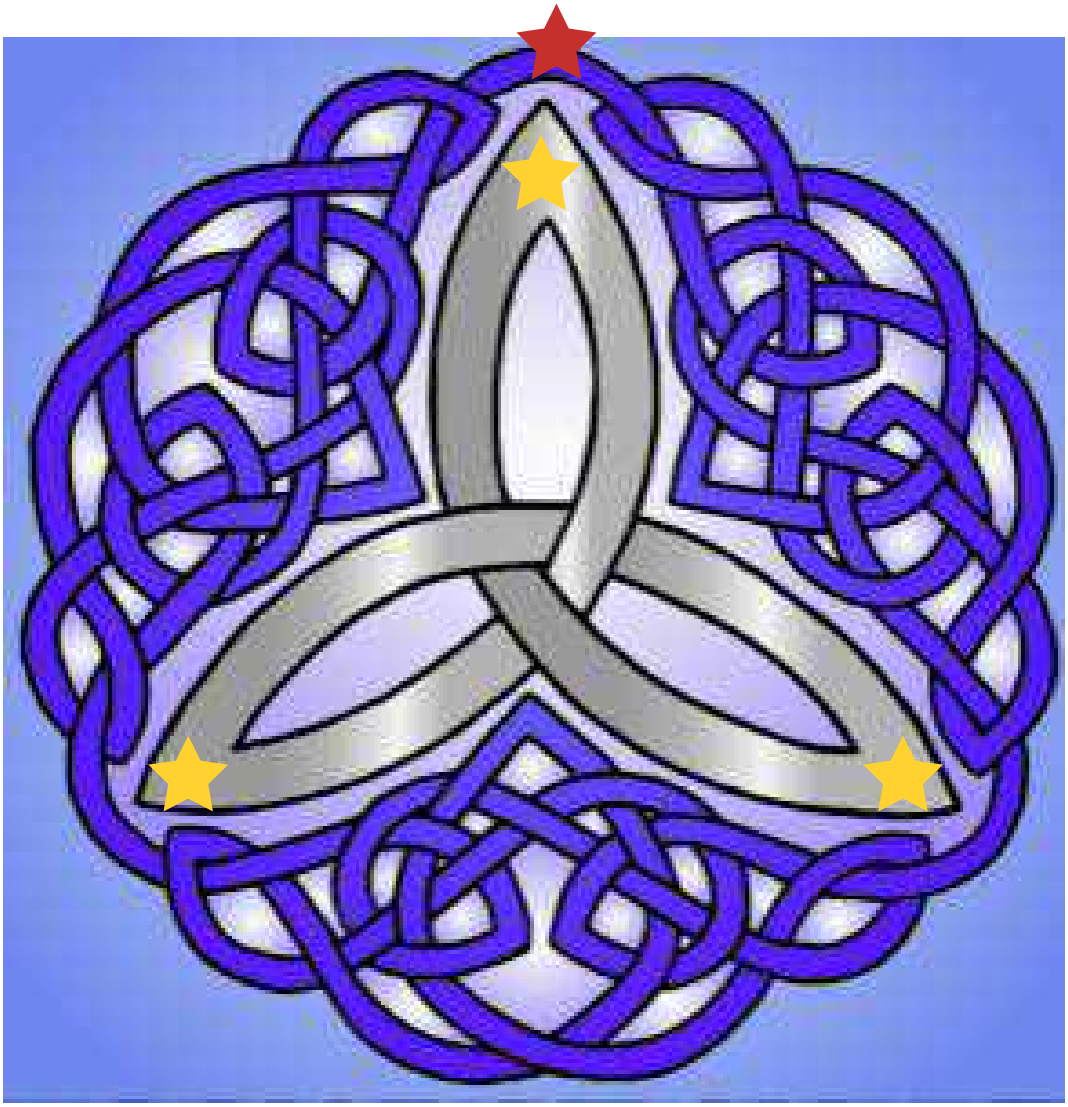
RAINBOW SHAPE BREATHING



Place your finger on the "1" star.
Trace along each colour of the rainbow - ONE at a time, with your finger as you **breathe in** as you trace the rainbow to the cloud, and then trace back to the star as you **breathe out**. Move to the next star and trace the next colour. Repeat until you've completed the entire rainbow... you can do this one time, or more than one time.

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MANDALYNTH BREATHING



Place your finger on a star. Trace along trace the mandalynth maze with your fingers, your eyes, or a chopstick.

For the gray shape, breathe in as you trace to the next star, then breathe out as you trace to the following star. Continue 5-10X.

For the blue shape, breathe in and out as you trace until you get back to the red star.

Source: For more Mandalynths go to:
https://apps.apple.com/us/app/id958980279?utm_campaign=UA-3744097-7&utm_medium=email&utm_source=Celtic%20Mandalynth%20Mobile%20App%20Now%20Available%20For%20iTunes
OR
https://myemail.constantcontact.com/Celtic-Mandalynth-Mobile-App-Is-Now-Available-On-iTunes.html?soid=1102649910051&aid=_1aSjpYZJ6c

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BONUS
SHAPE BREATHING IDEAS

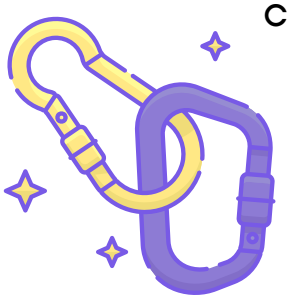
On the next few pages there are some ideas to explore and expand on the shape breathing you've already tried!

Maybe you will discover one that you enjoy the most, and that you can take with you anywhere and everywhere you go.

Have another idea? Have your grown-up send an email and let me know so I can add it to the collection, or maybe you'd like to draw one or create your own breathing shape in another ways... please end me a picture! I'd love to see YOUR ideas!



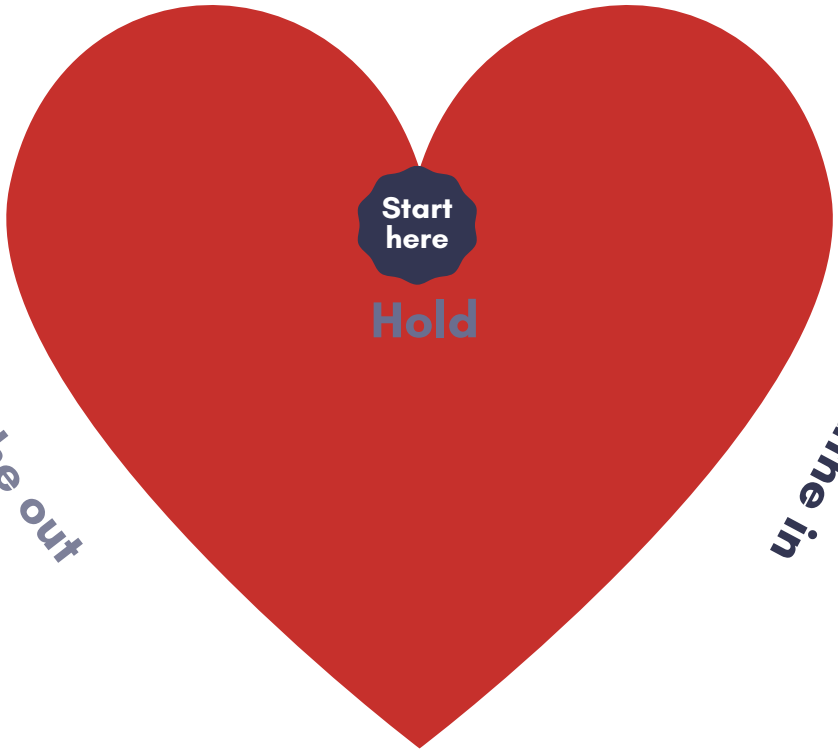
PLUS... on the next few pages you will find smaller **cards that you can print** an post on your fridge, on your door, window, wall, or hole punch them and place on a carabeener to bring with you anywhere!





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HEART SHAPE BREATHING



Trace along the outside of the heart as you **breathe in**, hold for a short time and then trace back to the top as you **breathe out,** hold... and continue a few more times, slowly... until your body and breathing feels slower, calmer and more relaxed. You could experiment with go in the opposite direction, or tracing the shape with your eyes closed. You could also place your other hand over heart as your breathe... what do you notice?

Special note: This shape idea was created by an incredible 12 year old client... what shape ideas do you have? Please share with me so I can share your ideas with others!!

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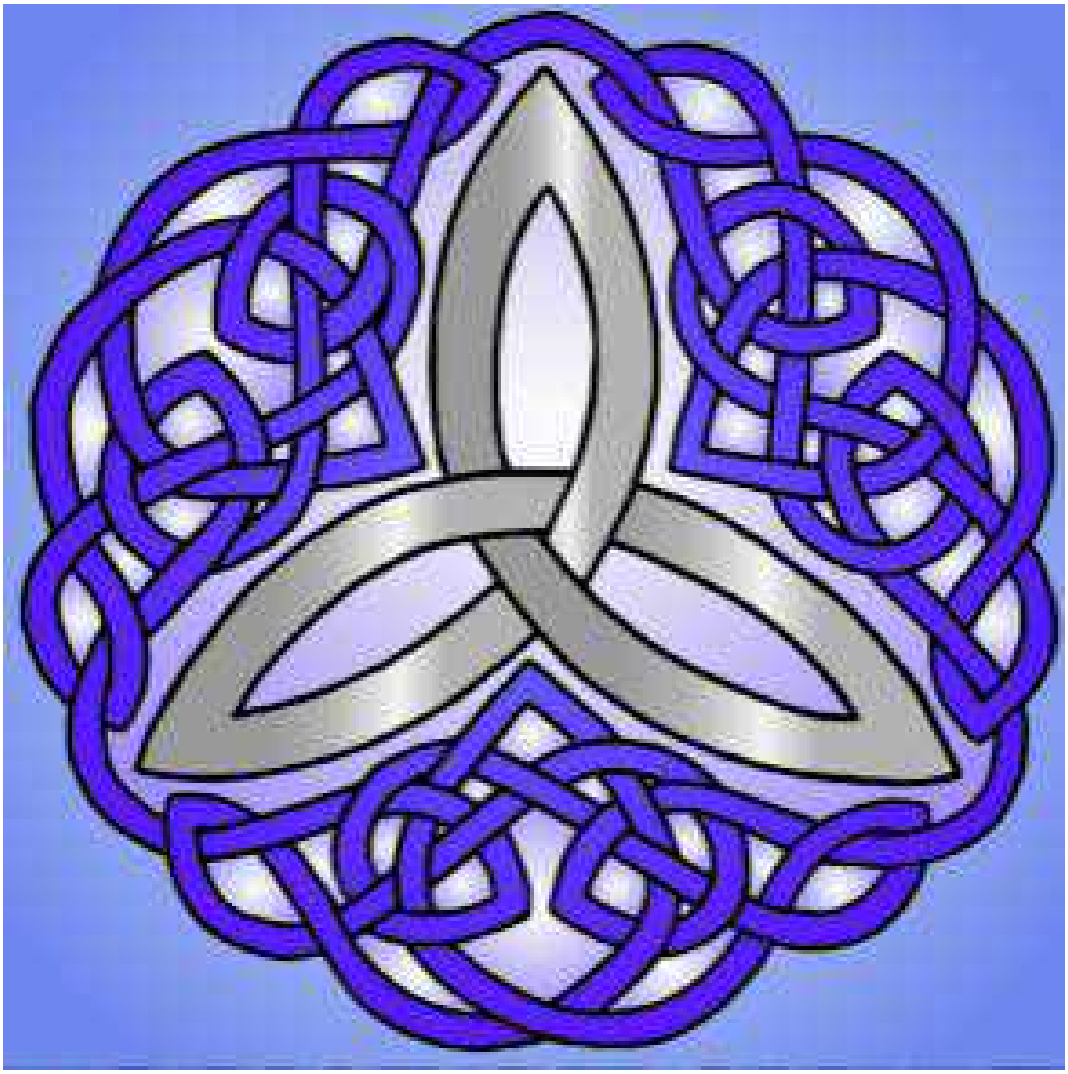
DRAW YOUR OWN SHAPE BREATHING

Draw or create something you enjoy... any shape can become an idea to support you and your breath!!

YOUR breath is ONE of your SUPER POWERS, and YOU can find the ways that helps you MOST!

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MANDALYNTH BREATHING



Choose a place to start and slowly trace the shape as you breathe in and out - slow, deep breaths.

You can find safety on any journey you are on.

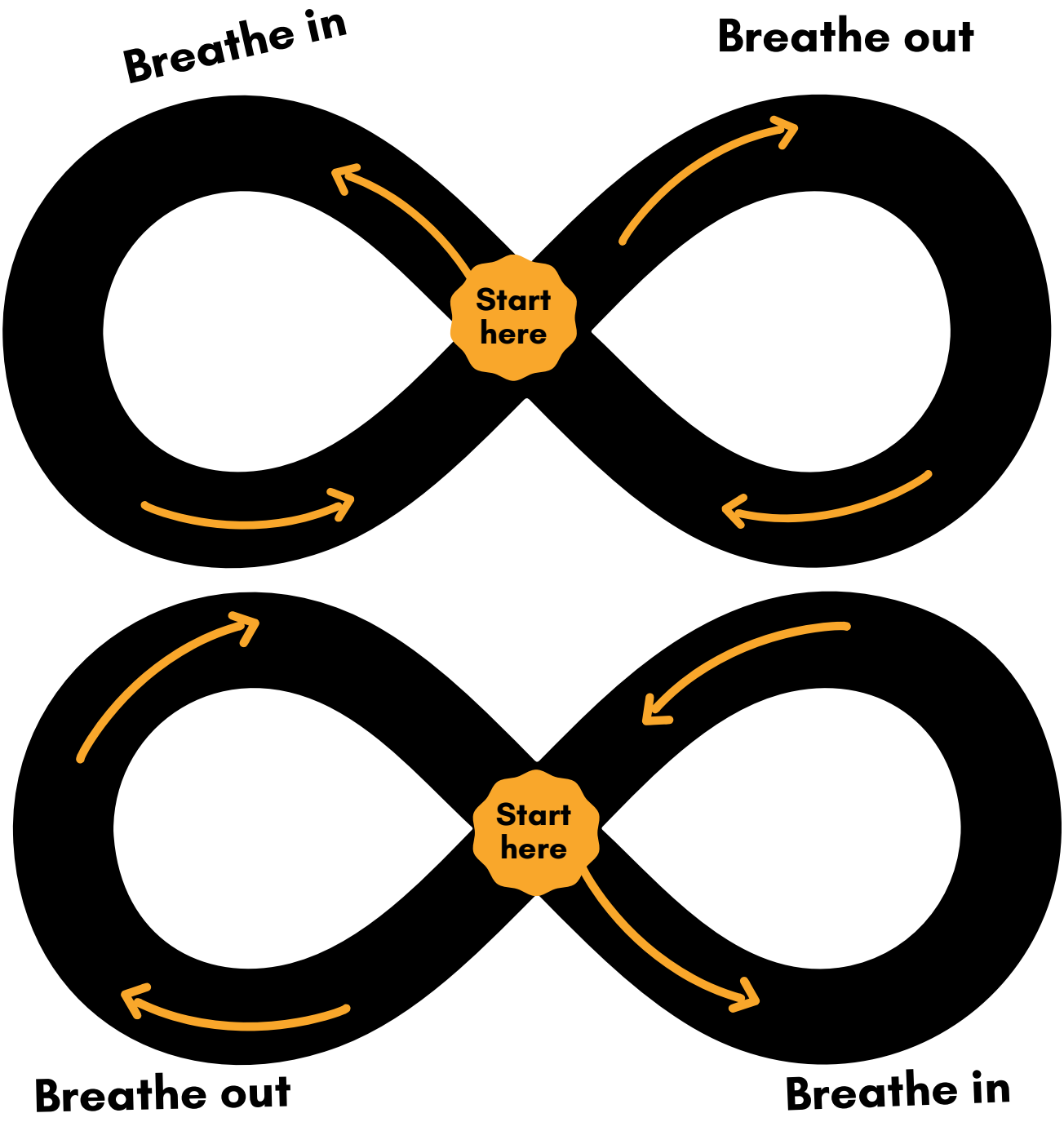
You can even say "I am safe" as you trace the shape. A mandalynth always comes back to the place it begins - how comforting!

Source: For more Mandalynths go to:
https://apps.apple.com/us/app/id958980279?utm_campaign=UA-3744097-7&utm_medium=email&utm_source=Celtic%20Mandalynth%20Mobile%20App%20Now%20Available%20For%20iTunes
OR
https://myemail.constantcontact.com/Celtic-Mandalynth-Mobile-App-Is-Now-Available-On-iTunes.html?soid=1102649910051&aid=_1aSjpYZJ6c

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INFINITY BREATHING

two directions

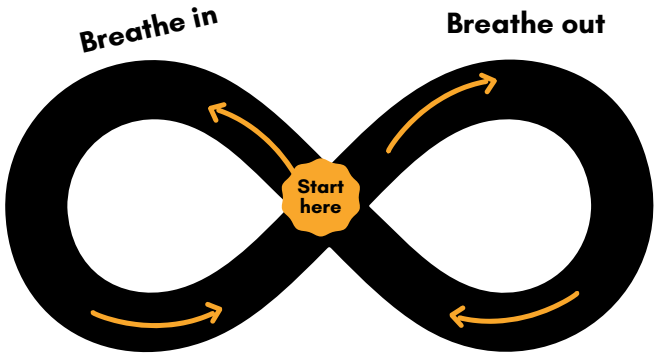


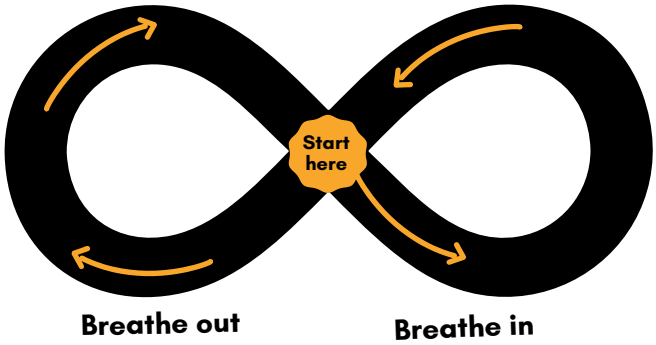
Start in the middle of the infinity symbol. Trace your finger up and around while you take a deep breath in. And then.... Breathe out as you cross the middle and go around the other side. Continue slow and steady, with long, slow, deep breaths... after 5-10 breaths, change directions.

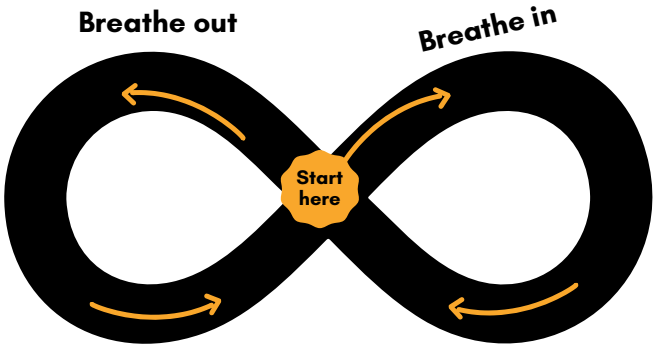
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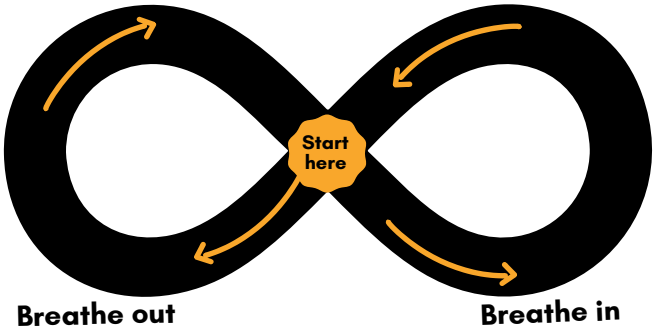
INFINITY BREATHING

four directions







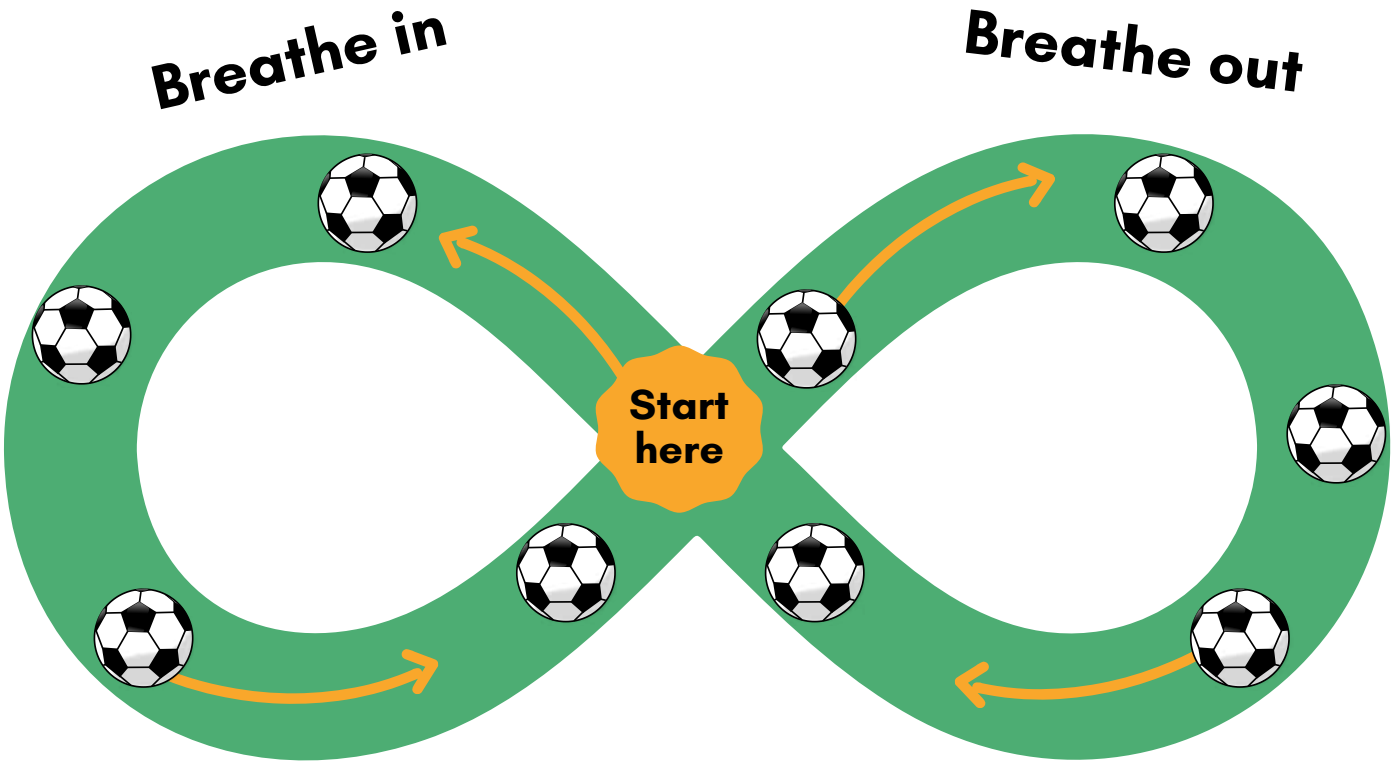


Start in the middle of the infinity symbol. Trace your finger up and around while you take a deep breath in. And then.... Breathe out as you cross the middle and go around the other side. Continue slow and steady, with long, slow, deep breaths... after 3-5 breaths, change directions by tracing a new infinity symbol. Continue until you've traced all four. Still need more breaths to feel calm and ready to re-enter? You can trace them alall as you breathe again.

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INFINITY BREATHING

with soccer balls

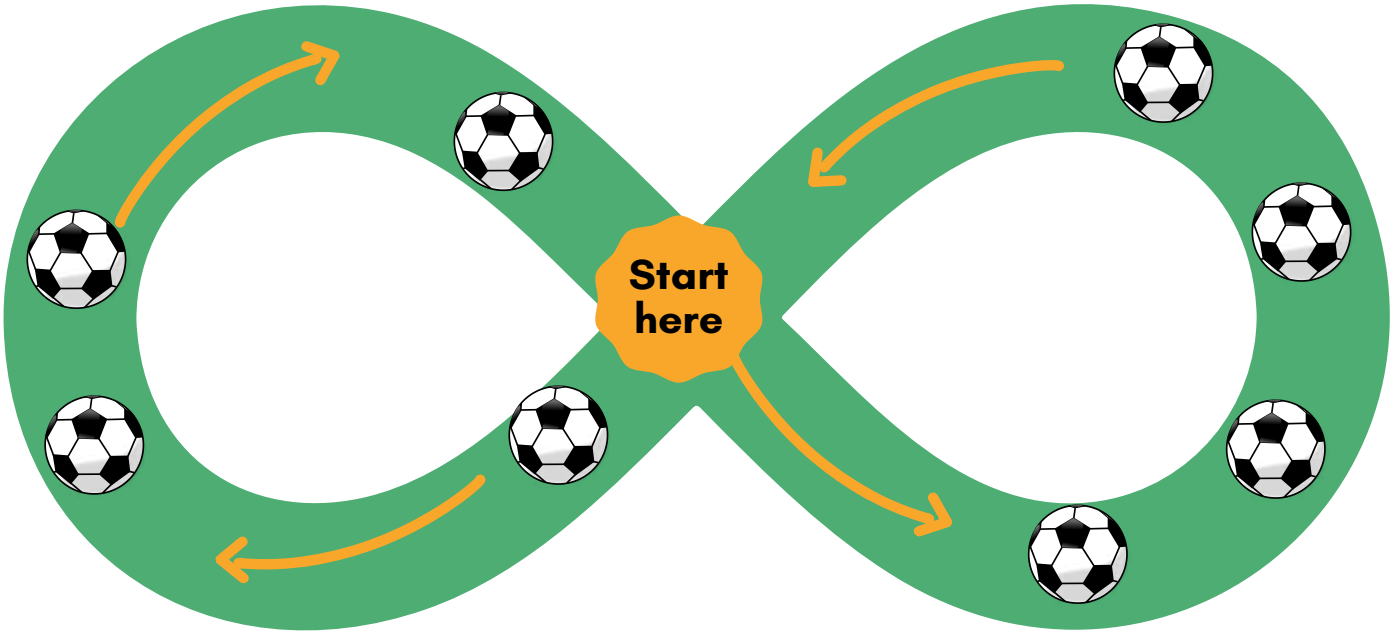


Start in the middle of the infinity symbol. Trace your finger up and around while you take a deep breath in. **TOUCH EVERY SOCCER BALL as you go around the field!!** And then.... Breathe out as you cross the middle and go around the other side. Continue slow and steady, with long, slow, deep breaths.

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INFINITY BREATHING

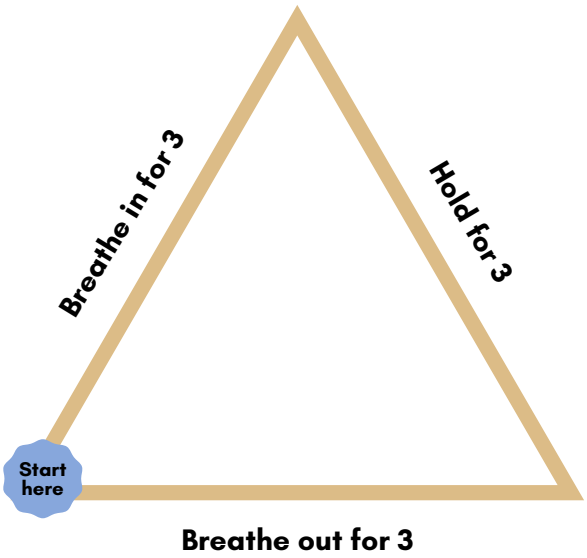
with soccer balls



CHANGE DIRECTION! Start in the middle of the infinity symbol. Trace your finger up and around while you take a deep breath in. **TOUCH EVERY SOCCER BALL as you go around the field!!** And then.... Breathe out as you cross the middle and go around the other side. Continue slow and steady, with long, slow, deep breaths.

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TRIANGLE BREATHING

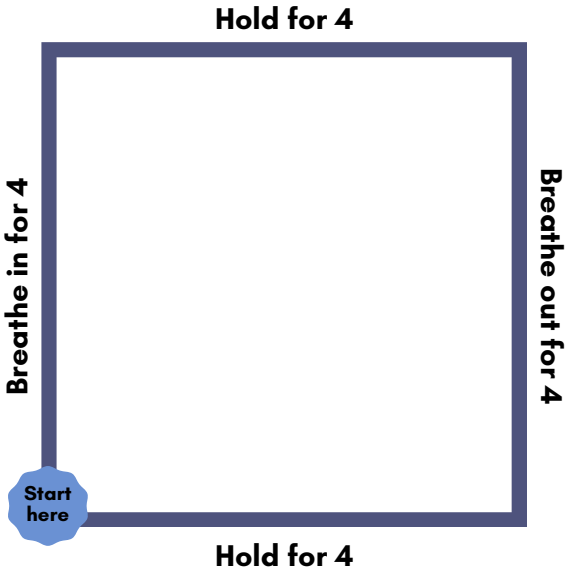


Starting at the left bottom of the triangle.Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.



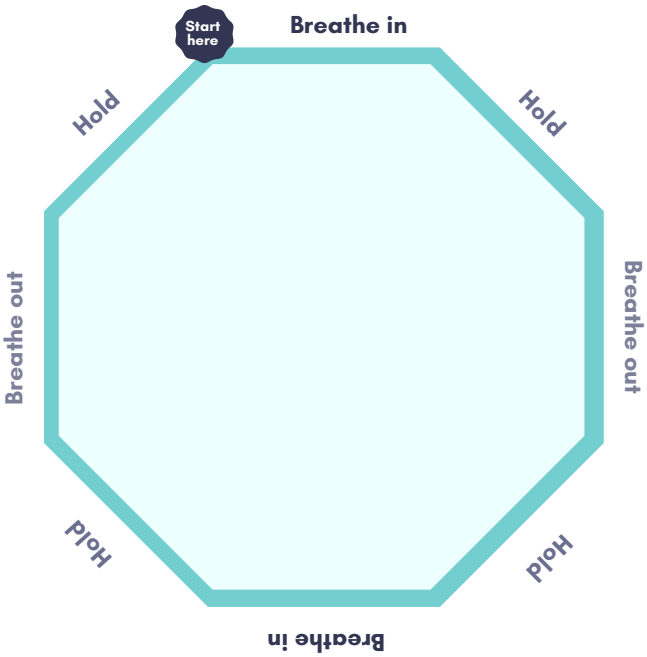
SQUARE BREATHING

aka BOX BREATHING



Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

8 SIDED BREATHING



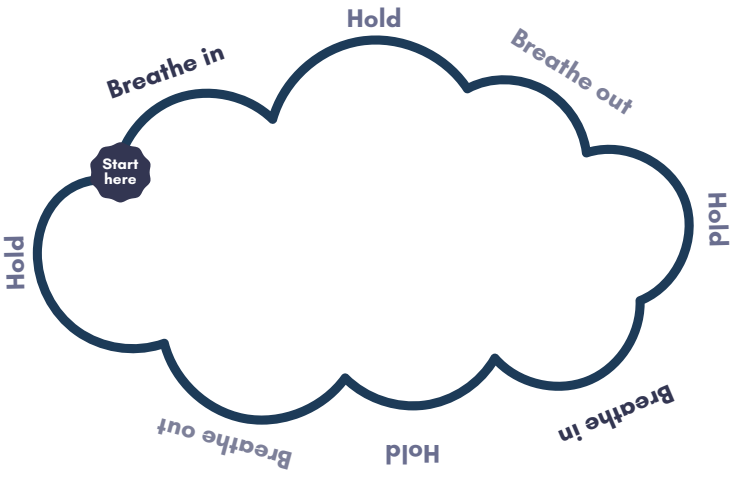
Trace your finger along one side of the octagon as you breathe in, keep tracing as you hold, breathe out, hold, breathe in. Keep tracing the octagon until your body and brain feel connected and calm. Your breath is here to support you as you stop before your proceed.

STAR BREATHING



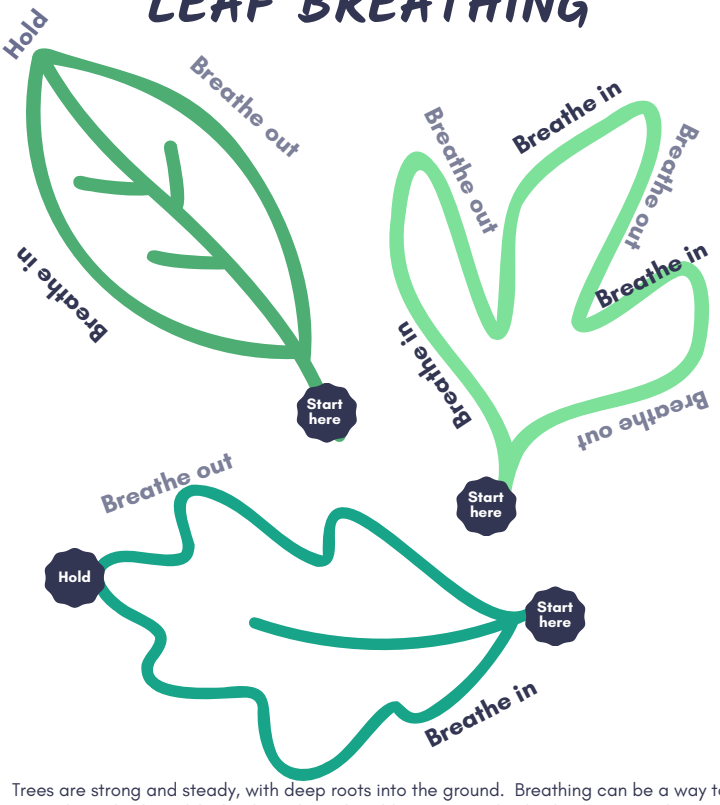
Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

CLOUD BREATHING



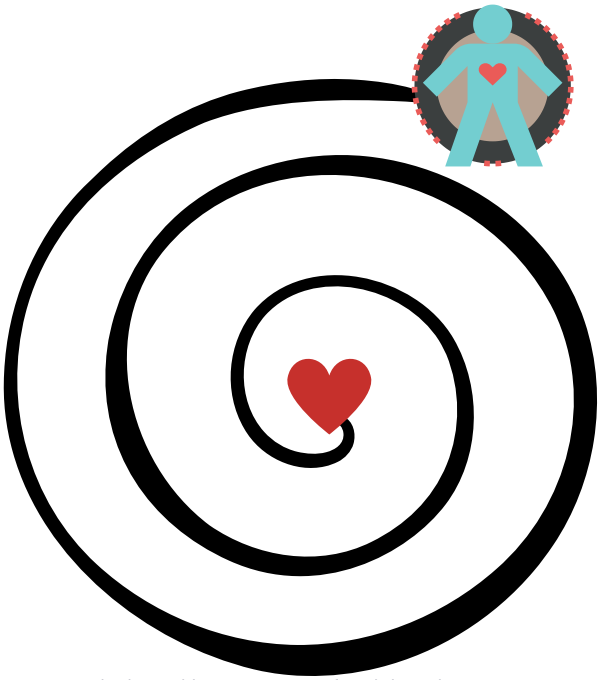
Trace your finger up along one bump of the cloud while you take a deep breath in. Hold your breath as you trace the next bump, and breathe out as you slide over the next bump. Hold while you trace a bump, then breathe in... Keep going with this pattern until you've gone around the whole cloud a few times. You can trace with your finger or your eyes. When you are outside you can even explore tracing a cloud in the sky to do this type of breathing! It is with you anywhere you go.

LEAF BREATHING



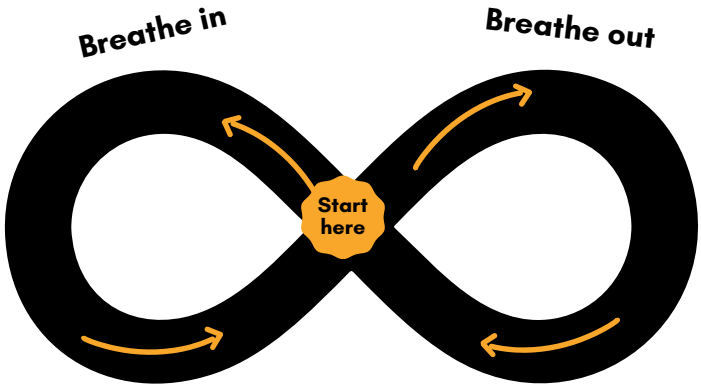
Trees are strong and steady, with deep roots into the ground. Breathing can be a way to ground your body and feel safe and comfortable again. Pick a leaf, or trace each one a few times. Start at the stem, then trace the outside of the leaf as as you breathe in & out, LONG, SLOW, DEEP belly breaths. BONUS: Collect your own leaves, and trace around them as you breathe... or make a crayon rubbing to trace as you breathe!

TRACE & BREATHE



Staring at the heart (the very center of you), breathe in as you trace your finger around the spiral and out to the body (the wholeness of you). Breathe out as you trace your way back to your heart. Repeat 5-10X. You can ALWAYS come back to YOUR heart and YOUR center, from the inside to the outside of the ONE and ONLY wonderful YOU!!
OPTION: As you breathe in and out, place one hand on your heart.

INFINITY BREATHING



Your breath never ends. It supports you every single moment of every day of your life! Infinity breathing reminds us that our breath is here to support us.

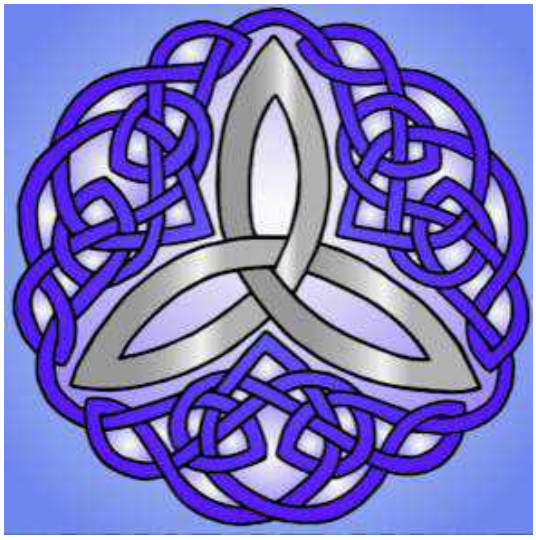
Start in the middle of the infinity symbol. Trace your finger up and around while you take a deep breath in. And then.... Breathe out as you cross the middle and go around the other side. Continue slow and steady, with long, slow, deep breaths.

RAINBOW SHAPE BREATHING



Place your finger on the "1" star.
Trace along each colour of the rainbow - ONE at a time, with your finger as you **breathe in** as you trace the rainbow to the cloud, and then trace back to the star as you **breathe out**. Move to the next star and trace the next colour. Repeat until you've completed the entire rainbow... you can do this one time, or more than one time.

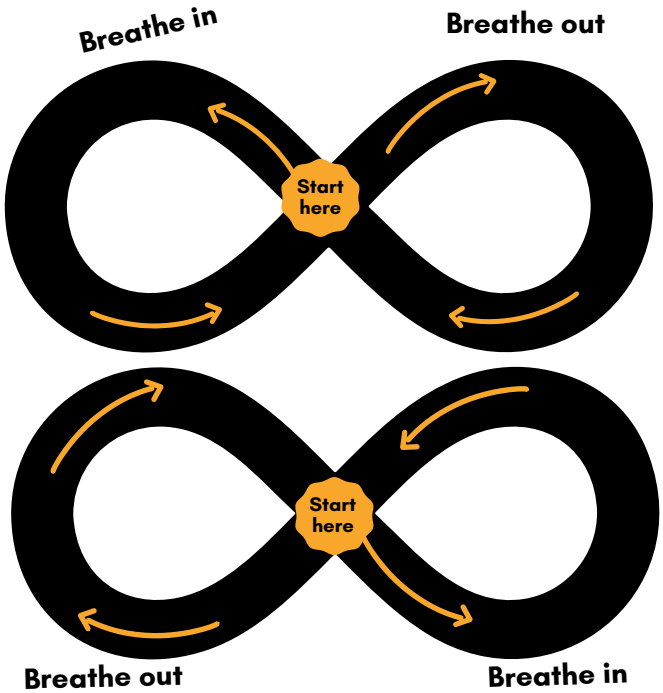
MANDALYNTH BREATHING



Choose a place to start and slowly trace the shape as you breathe in and out - slow, deep breaths.
You can find safety on any journey you are on.
You can even say "I am safe" as you trace the shape. A mandalynth always comes back to the place it begins - how comforting!

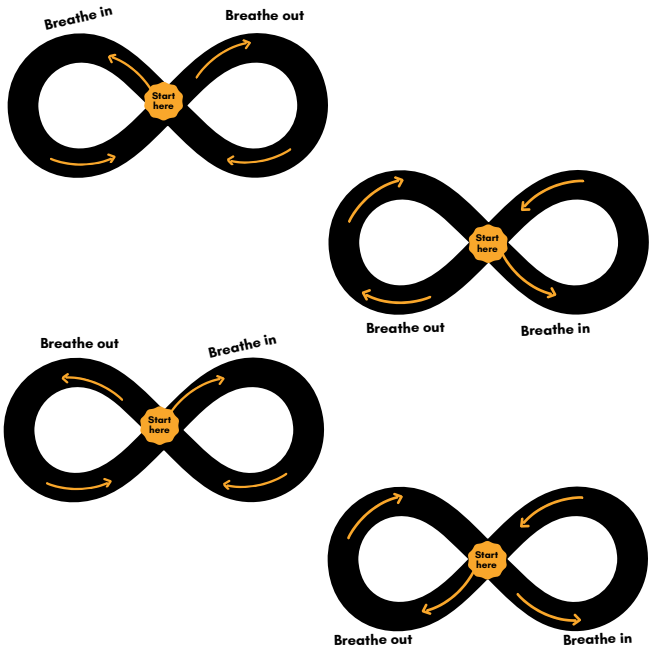
Source: For more Mandalynths go to:
https://apps.apple.com/us/app/id958980279?utm_campaign=UA-3744097-7&utm_medium=email&utm_source=Celtic%20Mandalynth%20Mobile%20App%20Now%20Available%20For%20iTunes
OR
https://myemail.constantcontact.com/Celtic-Mandalynth-Mobile-App-Is-Now-Available-On-iTunes.html?soid=1102649910051&aid=_1aSjpYZJ6c

INFINITY BREATHING
two directions



Start in the middle of the infinity symbol. Trace your finger up and around while you take a deep breath in. And then.... Breathe out as you cross the middle and go around the other side. Continue slow and steady, with long, slow, deep breaths... after 5-10 breaths, change directions.

INFINITY BREATHING
four directions



Start in the middle of the infinity symbol. Trace your finger up and around while you take a deep breath in. And then.... Breathe out as you cross the middle and go around the other side. Continue slow and steady, with long, slow, deep breaths... after 3-5 breaths, change directions by tracing a new infinity symbol. Continue until you've traced all four. Still need more breaths to feel calm and ready to re-enter? You can trace them alall as you breathe again.



Meet Heidi Garcia

About Me

Hi! I'm Heidi Garcia (she/her), and I am a mom of two, an Occupational Therapist, and owner of Blooming Abilities. I am an avid playlist creator and I am here to support kids and parents in super practical ways, on their journey to explore, discover and grow together and empower them to live to their fullest potential!

Connect with me...

Instagram | Website | Facebook | Blog

Explore more & ways to work with Heidi...

Webinars

Sensory Processing Differences

Ride the Waves of BIG Emotions

Printing & Cursive

Video Series created for KIDS!!

Let's Make Writing Easier!!

WISE Collective

Videos & practical tools for kids and their adults parents

NOTE: A limited number of parent or child Occupational therapy sessions focuased on coaching support are available.

My Interests

Gardening | Stand-up paddle boarding | Reading & books | Creating playlists | Connecting with nature | Cross country skiing | Supporting kids & parents to live their best lives!

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