

Five Finger Breathing



Trace up the outside of each finger as you inhale
Trace down the inside of each finger as you exhale
Repeat as often as needed

Balloon Breathing



Put your hand on your tummy
Take a deep breath in and feel your balloon inflate
Exhale and let the balloon float away

Bumblebee Breathing



Close your eyes and inhale
As you exhale, make a humming noise
Repeat as many times as you need