

Name: _____

Date: _____

Breathing Techniques

These breathing techniques can help when you are feeling tense, worried, have butterflies in your tummy and your heart is beating really fast. Practice some today!

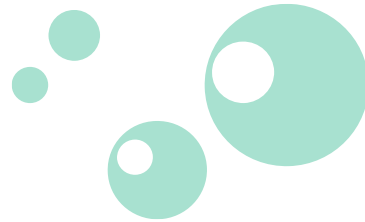
HOT CHOCOLATE BREATHING

Imagine you are holding a cup of Hot Chocolate. Breathe in and imagine it's smell. Breathe out and cool the hot chocolate down.



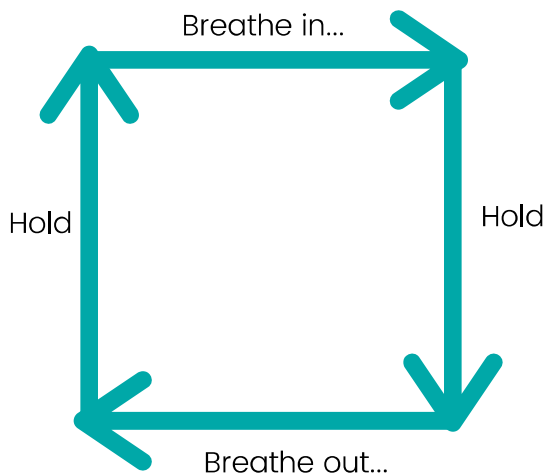
BUBBLE BREATHING

Imagine you are holding a bubble wand. Or get one if you have one at home! Blow out slowly as if you were blowing a bubble. Breathe in slowly and then out again to blow another bubble.



SQUARE BREATHING

Follow the arrows...



5 SENSE'S GROUNDING

- Find 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

