

# Trace & Breathe

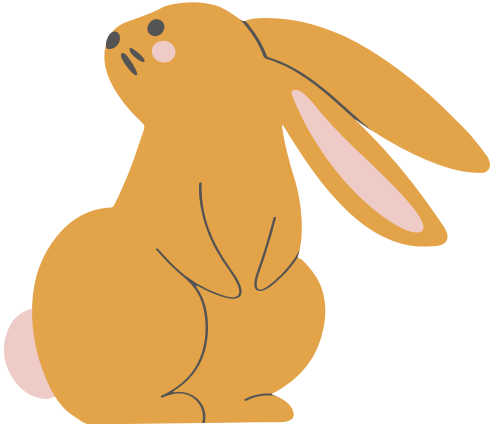


Use your finger to trace each arch of the rainbow, breathing in and breathing out.

For an added mindful moment, as you trace each arch speak a positive affirmation either out loud or to yourself.

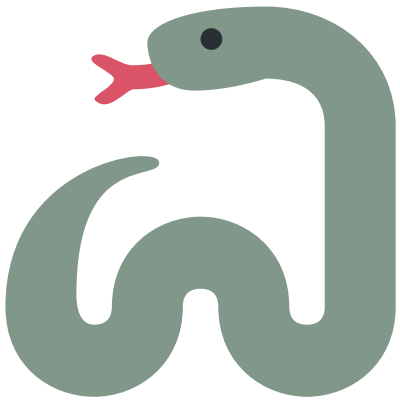
This rainbow has unlimited possibilities!

# Breathing Exercises For Children!



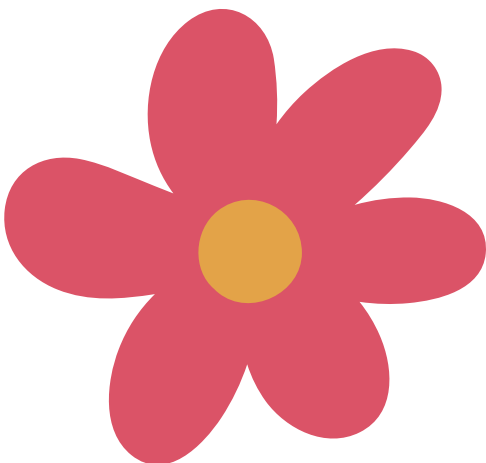
## Bunny Breath

3 quick breaths & one long exhale through your nose



## Snake Breath

Inhale through your nose, make a hissing sound as you exhale

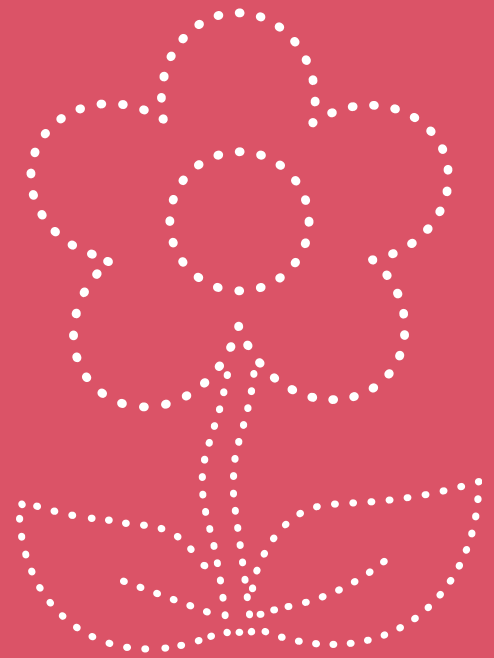


## Flower Breath

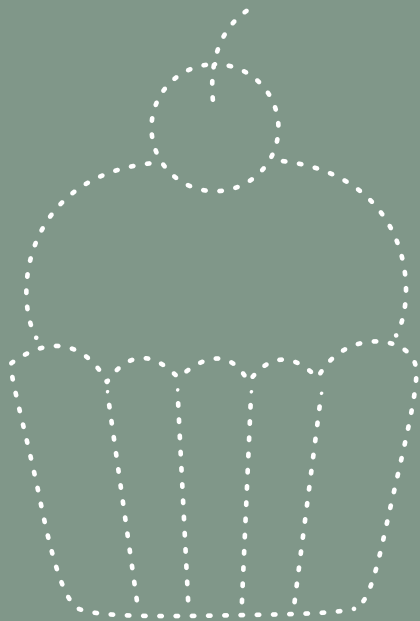
Breathe in through your nose, out through your mouth



**As you are tracing this bumblebee with your finger, take a few deep breaths in and out.**



**As you are tracing this flower with your finger, feel your muscles relax and your body calm.**



**As you are tracing this cupcake with your finger, feel control and calm take over while you slowly count to 10**

Print out this page, cut it into quarters, make copies and share with the class!

Idea: Save these cutouts and when your students need a mindful moment, hand them one of these cards for a quick moment to help them calm their mind.

# TAKE 5 BREATHING

