

BREATHING EXERCISE

Instructions on back!



cloud Breath

**mind
body
align**

Cloud Breath

Cloud Breath helps you let go of big feelings and feel peaceful inside. Just like clouds in the sky, our feelings float by and disappear.

INSTRUCTIONS

1. Pretend you are lying down outside, looking up at the big, blue sky.
2. Think of a feeling you had today—happy, silly, sad, or maybe even grumpy.
3. Imagine that feeling turning into a big, puffy cloud. What color is it? What shape?
4. Take a deep breath in through your nose.
5. Now blow out slowly through your mouth—watch the cloud float away across the sky.
6. Watch it drift... soft and slow... all the way out of sight. Remember that feelings come and go, just like clouds in the sky.