

# BREATHING EXERCISE

Instructions on back!



## Rainbow Breath

**mind  
body  
align**

# Rainbow Breath

Rainbow Breath is a fun way to relax and feel colorful! You can breathe in and lift your arms like you're painting a rainbow, and then breathe out as you lower your arms. Imagine the beautiful colors of the rainbow as you do this. It's a cool way to calm down and feel peaceful.

## INSTRUCTIONS

1. Stand up tall like a mountain.
2. Picture a rainbow across the sky.
3. Breathe in through your nose and slowly raise your arms up like you're drawing a rainbow.
4. Pause for a moment with your arms up high.
5. Breathe out and slowly lower your arms back down.
6. Breathe in and lift your arms up to the next rainbow color. Hold for a moment.
7. Breathe out and lower your arms.

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## Hugging Breath

**mind  
body  
align**

# Hugging Breath

Sometimes you might feel like you need a big hug, but there's no one around to give you one. Well, did you know you can give yourself a super special self-hug anytime you want? It's like giving yourself a great big bear hug from your own sweet self.

## INSTRUCTIONS

1. Sit up tall like a mountain.
2. Spread your arms out wide like a big bird getting ready to take flight.
3. Breathe in and imagine you're breathing in all the love from the sky.
4. Breathe out and slowly wrap your arms around yourself for a hug.
5. Give yourself a squeeze - a gentle hug or a great big tight bear hug, whichever feels best.
6. Notice how wonderful it feels to give yourself that hug.

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## Pinwheel Breath

**mind  
body  
align**

# Pinwheel Breath

Pinwheel Breath helps you learn to control your breathing and calm down when you feel upset or excited. It's like turning your breath into a strong wind that can make a colorful pinwheel spin! This is a fun way to see how powerful your breath can be.

## INSTRUCTIONS

1. Make a pinwheel or use one that you already have.
2. Find a comfortable space with room to hold your pinwheel.
3. Hold the pinwheel close to your face.
4. Breathe in slowly through your nose, fill up your chest and belly with air.
5. Blow out slowly through your mouth onto the pinwheel. Make it spin with your breath!
6. Watch how the pinwheel spins and notice how you start to feel more relaxed and calm with each breath.

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## Little Buddy Breath

**mind  
body  
align**

# Little Buddy Breath

Grab your favorite stuffed animal, just like Dwight did with his bunny, and use it to help you breathe deep and feel calm. It's like giving a cozy hug to your feelings when you're a bit sad. It's a fun way to make any day a little brighter.

## INSTRUCTIONS

1. Choose a stuffed animal and find a comfortable spot.
2. Hug your stuffed animal close to your chest or stomach.
3. Breathe in slowly, counting to 3. 1-2-3. Exhale slowly, counting to 3. 1-2-3.
4. Breathe in slowly, counting to 3. 1-2-3. Exhale slowly, counting to 3. 1-2-3.
5. Breathe in slowly, counting to 3. 1-2-3. Exhale slowly, counting to 3. 1-2-3.
6. Notice your stomach rising and falling with each breath and think of things that make you happy.