

BREATHING EXERCISE

Instructions on back!



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.