

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.