

🌀 Breathing Exercises 🌀

When you feel big feelings — try one of these!

🐍 Snake Breathing

Great for: anger, frustration, feeling too full of energy

- Step 1** Sit up tall and close your eyes if you'd like.
- Step 2** Breathe IN slowly and deeply through your nose.
- Step 3** Breathe OUT slowly through your mouth, making a long hissing sound... ssssss.
- Step 4** Focus on making the breath OUT as long and slow as you can.
- Step 5** Repeat for 1-2 minutes until you feel calmer. 🐍

📦 Box Breathing

Great for: worry, nervousness, feeling scattered

- Step 1** Picture a square (or trace one with your finger in the air!).
- Step 2** Breathe IN for 4 counts as you trace the first side.
- Step 3** HOLD your breath for 4 counts as you trace the second side.
- Step 4** Breathe OUT for 4 counts as you trace the third side.
- Step 5** HOLD for 4 counts as you trace the fourth side. Repeat until calm. 📦

🎈 Balloon Breathing

Great for: sadness, feeling small, needing a confidence boost

- Step 1** Put both hands on your belly.
- Step 2** Breathe IN deeply — feel your belly puff out like a balloon filling with air.
- Step 3** Hold it for 2 counts and imagine the balloon getting bigger and bigger.
- Step 4** Slowly breathe OUT and feel your belly go back down.
- Step 5** Repeat 5-8 times. Each breath fills you with calm. 🎈

★ Star Breathing

Great for: before bed, after a hard day, any time you need a reset

- Step 1** Hold one hand up with your fingers spread out like a star.
- Step 2** Use your other finger to slowly trace UP the first finger — breathe IN.
- Step 3** Trace DOWN the other side of the finger — breathe OUT.
- Step 4** Keep going: up = breathe in, down = breathe out, for all 5 fingers.
- Step 5** Go as slow as you can. One full hand = one round. Try 2-3 rounds. ★

💖 Remember

Your feelings are valid. Breathing helps you slow down so you can choose your next action wisely.

➔ S.O.A.R. Tip

Before you take ACTION, try a breathing exercise first. A calm mind makes better choices!