

Buddy Breathing



Partner up and sit criss cross facing your partner. Breathe in as your buddy breathes out, switch and repeat.

Belly Breathing



Lie down and put your hands on your belly. Breathe in through your nose, feeling your belly expand. Release your breath through your mouth and repeat.

Candles and Flowers



When you breathe in, imagine you are smelling a flower. When you breathe out, pretend you are blowing out candles.

Bubble Blowing



Breathe in through your nose. As you breathe out, pretend you are blowing a large bubble. Hold your breath as you watch it float away. Repeat.

Bumble Bee Breaths



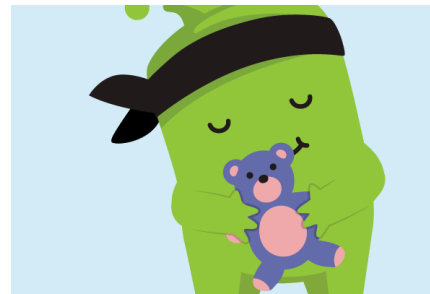
Breathe in through your nose, then with fingers in your ears, hum as you breathe out through your nose.

Balloon Breaths



Breathe in through your nose. When you breathe out, blow into your hands, as if blowing up a balloon.

Bear Breath



Inhale for a count of 5, hold the breath in for a count of 3, exhale for a count of 5, hold the breath out for a count of 3 and repeat.

Create Your Own

