

Breathe in, Breathe Out

This activity is a week long challenge to try seven different breathing techniques. As a family pick a time each day to pull a different Breathing Card and practice the calming exercise together. Practicing a few moments of awareness can help bring your family together.

 5 min each

Materials needed

- Breathing Cards PDF
- Scissors

Directions

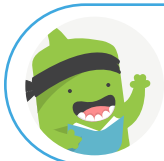
Step 1: Print & cut!

Print out the Breathing Cards PDF, and cut them apart.



Step 2: Play!

Pull a different card each day to try different breathing techniques. When the week is over, you can continue the practice, or save the cards for a time they're needed.



Mojo's tip! Have a great idea for a breathing exercise? Use the blank card to create your own, being thoughtful about each part of the exercise and how this might help you practice awareness.