

Calming Breathing: How to cope when Waves of Big Emotions Hit

Shark Breathing

Put your hands together to make shark fins. Breathe in and the fin comes out of the water, Breathe out and the fin goes under.

Bubble Breathing

Take your jar of bubble solution and dip in your wand. Breathe in deeply and as you breathe out, blow some big, beautiful bubbles.

Bird Breathing

Imagine you have a tiny cold bird in the palms of your hands. Breathe in gently and blow your warm, loving breath onto the bird. Do this a couple of times and then throw open your hands to release the bird.

Heart Breathing

Take your arms high overhead and create a heart with your hands as you breathe in. Slowly take your heart down your body and breathe out.

Hot Chocolate Breathing



Imagine you have a mug of hot chocolate in your hands. Breathe in the chocolately smell and blow on the hot chocolate to cool it down.

Box Breathing

Imagine a square box. Trace up the side of the box as you breathe in. Hold your breath as you trace the top edge. Breathe out on the side edge and hold on the bottom edge.



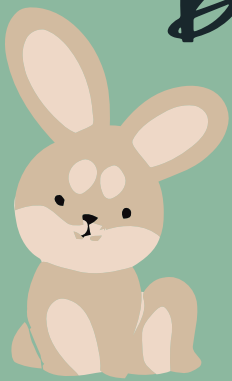
Bumble Bee Breathing

Inhale slowly through your nose.
Breathe out through your mouth
with a slow buzzing sound.



Bunny Breathing

Take three quick sniffs through
your nose and one long exhale.



Pufferfish Breaths

Breathe in and feel your belly
expand like a balloon. Hold the air in
your cheeks before exhaling.



Snowball Breathing

Pick up some imaginary snow and as
you pack it tightly, put your worries in
the snowball and you breathe in. When
the snowball is ready, throw it - and
your worries - far, far away.



Hot Air Balloon Breathing

Imagine you are standing on a grassy hill, looking at a
beautiful hot air balloon. Breathe in to a count of 4 and
breathe out to a count of 4. As you are breathing, imagine
placing your worries in the basket beneath the balloon.
Watch as your worries float away.



Gratitude Breathing

Cross your arms over your body and give
yourself a big tight hug. As you breathe
slowly, focus your thoughts on someone
or something you are thankful for.



Bear Breathing

Imagine you are a bear hibernating in
the winter. Breathe in and notice the
cool air going past your nostrils. Exhale
and feel the air going out of your nose.

