

## MOUNTAIN BREATHING

Imagine you are climbing a mountain.  
 Breathe in slowly as you climb up the mountain.  
 Pause at the peak and count to 3.  
 Breathe out slowly as you climb down the mountain.  
 Do this until you feel calm.

The peak!

## BALLOON BREATHING

Breathe in slowly through your nose and feel your tummy fill up with air like an inflating balloon.  
 Breathe out slowly through your nose and feel your tummy sink back in like a balloon deflating.  
 You can also do this using your mouth if you are finding breathing through your nose tricky.

## BUBBLE BREATHING

Imagine you are holding a bubble wand. Breathe in slowly through your mouth ready to blow the bubbles.  
 Breathe out slowly through your mouth as if you are blowing bubbles using a bubble wand.  
 Imagine watching the bubbles get bigger before popping.  
 Do this until you feel calm.

## HOT CHOCOLATE BREATHING

Imagine you are holding a warm drink. Breathe in slowly through your nose to smell the drink. Pause to hold your breath, 1... 2... 3... before breathing out slowly with your mouth to cool down your warm drink.

### Bonus Calming Strategy:

5-4-3-2-1



5 things you can see...

4 things you can feel...



3 things you can hear...

2 things you can smell...



1 thing you want to taste...



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# MY BREATHING STRATEGIES

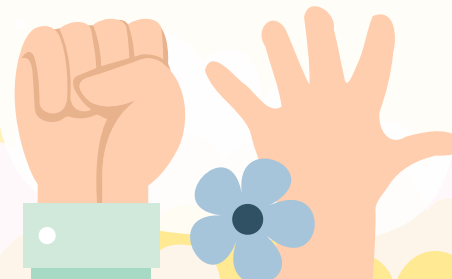
Take a minute to pause and breathe.

Breathing helps us to feel calm and ready.



## FLOWER BREATHING

Make a fist with your hand.  
 Slowly open your fingers like a flower opening its petals whilst slowly breathing out.  
 Pause to hold your breath, 1... 2... 3...  
 Slowly make a fist like a flower closing its petals whilst slowly breathing in.  
 Do this until you feel calm.



## FINGER BREATHING

You can use your hand as a tool for calm breathing.

