

# Breathing Exercises

## High Five Breathing:

- 1) Slowly trace up your finger and breathe in.
- 2) As you trace down your finger, breathe out.
- 3) Repeat for one or both hands.

## Body Breathing:

- 1) Hold your hand over the part of your body that feels yellow/orange/red.
- 2) Hold each area for 5 seconds while taking deep breaths.
- 3) Repeat until feeling more green.

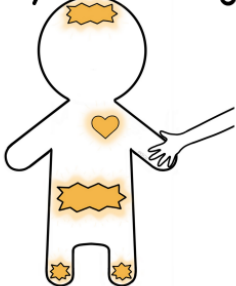
## Bumblebee Breathing:

- 1) Put your finger on the start of the bee's track.
- 2) Trace this line while making a 'zz' sound.
- 3) Take deep breaths in between each time you make the 'zz' sound.

## Windmill Breathing:


- 1) Take a deep breath and blow the windmill for as long as you can.
- 2) If you blow out too quickly, the windmill won't spin for very long.
- 3) Take deep breaths in between each blow. Repeat until feeling more green.

Body Breathing



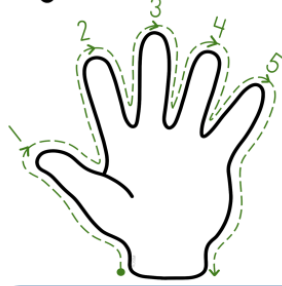
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