

**WHEN YOU FEEL UPSET...
BREATHE LIKE THIS!!**



Breathe IN deep and slow like smelling a flower. Count **1-2-3**.



HOLD your **breath**. Count **1-2-3**.



Breathe OUT slowly, like blowing bubbles. Count **1-2-3**.

REPEAT until you feel the stress slow!

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SQUARE BREATHING

Place your finger on  and trace the square as you:

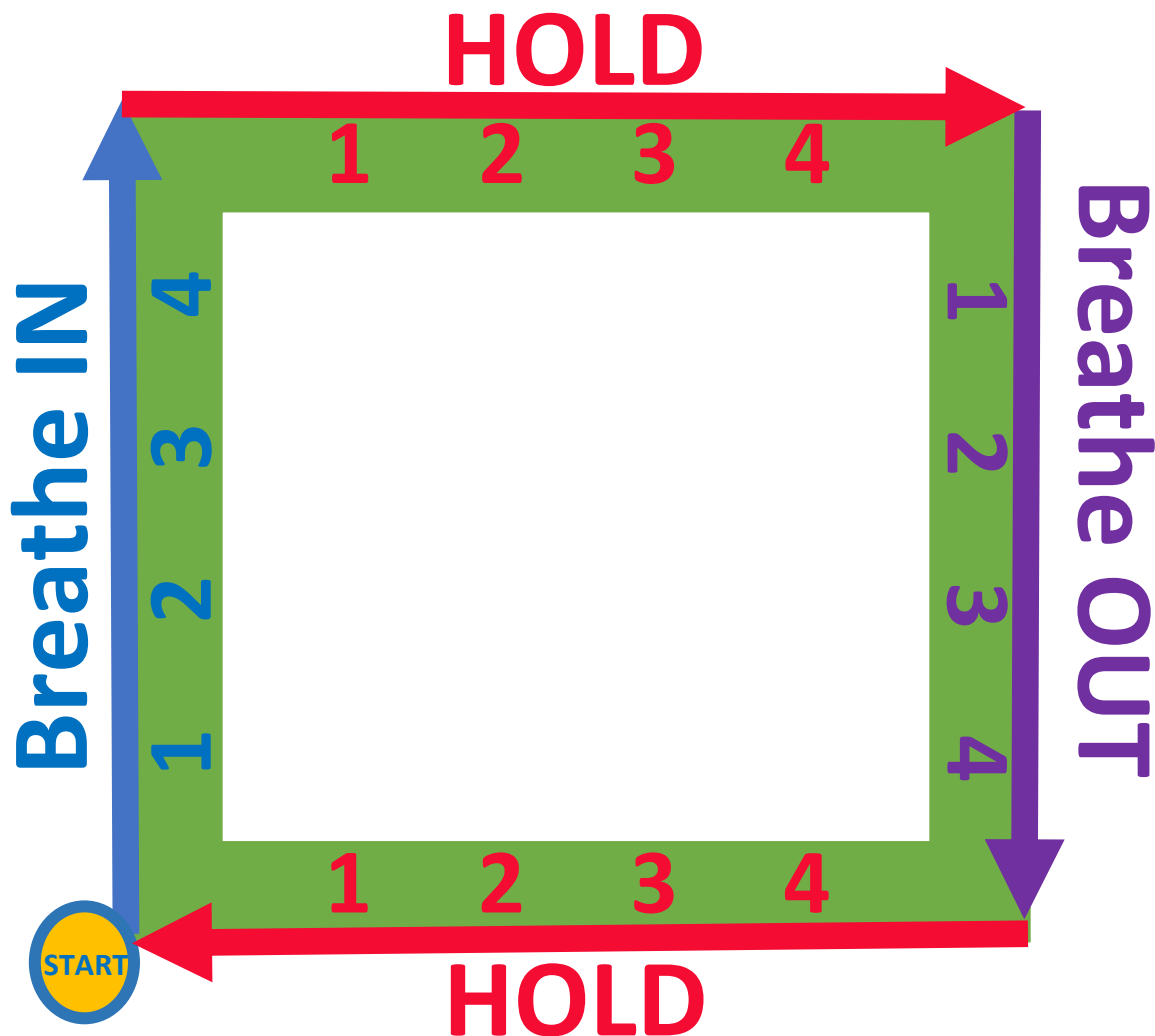
Breathe IN. Count 1-2-3-4.

HOLD. Count 1-2-3-4.

Breathe OUT. Count 1-2-3-4.

HOLD. Count 1-2-3-4.

REPEAT until you feel the stress slow!



TRIANGLE BREATHING

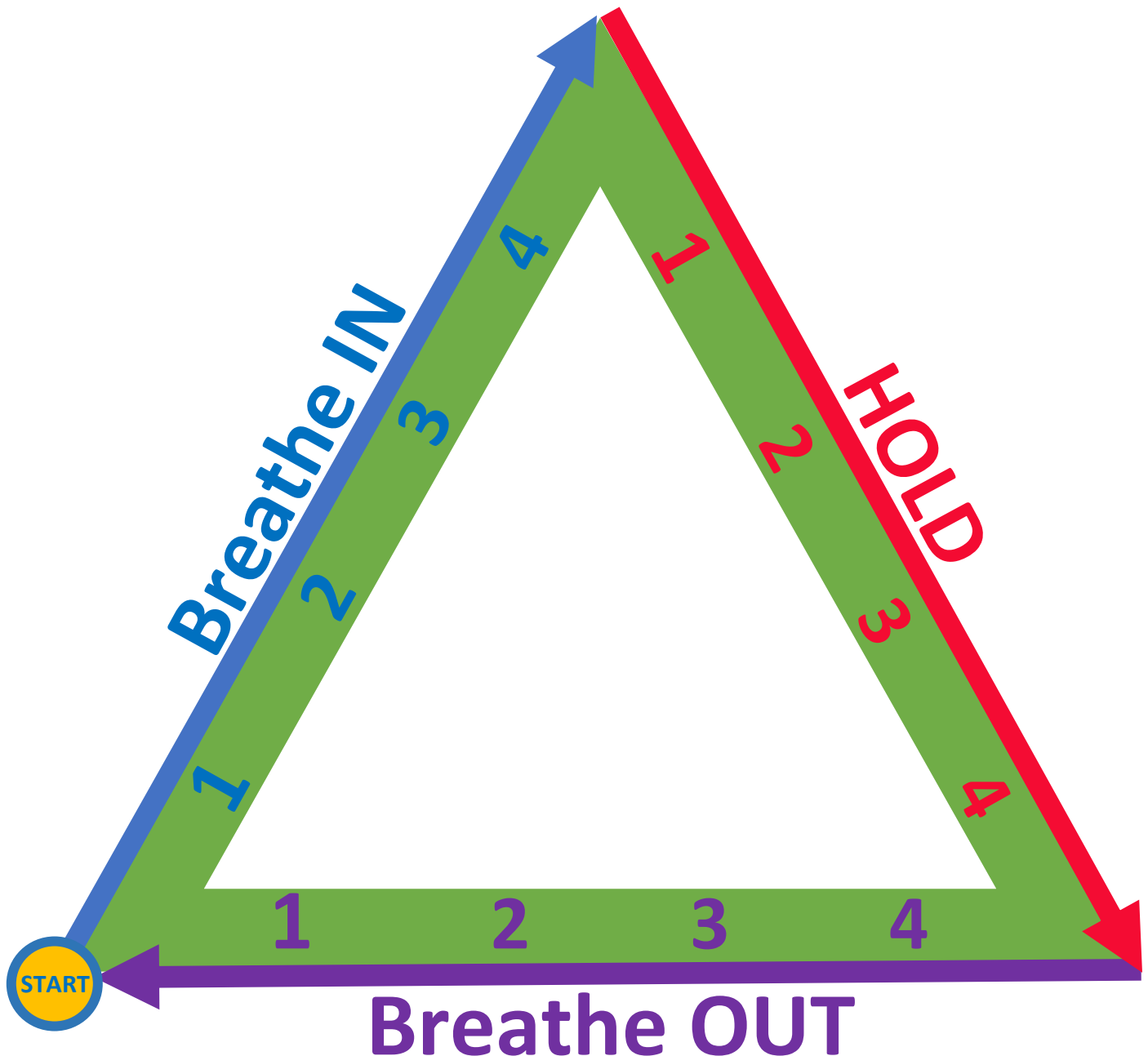
Place your finger on **START** and trace the triangle as you:

Breathe IN. Count 1-2-3-4.

HOLD. Count 1-2-3-4.

Breathe OUT. Count 1-2-3-4.

REPEAT until you feel the stress slow!



View a video of this guided breathing exercise at <https://www.youtube.com/watch?v=iLKKYSITMpM>

STAR BREATHING

Place your finger on **START** and trace the star as you:

Breathe IN. **Breathe OUT.**

REPEAT until you feel the stress slow!



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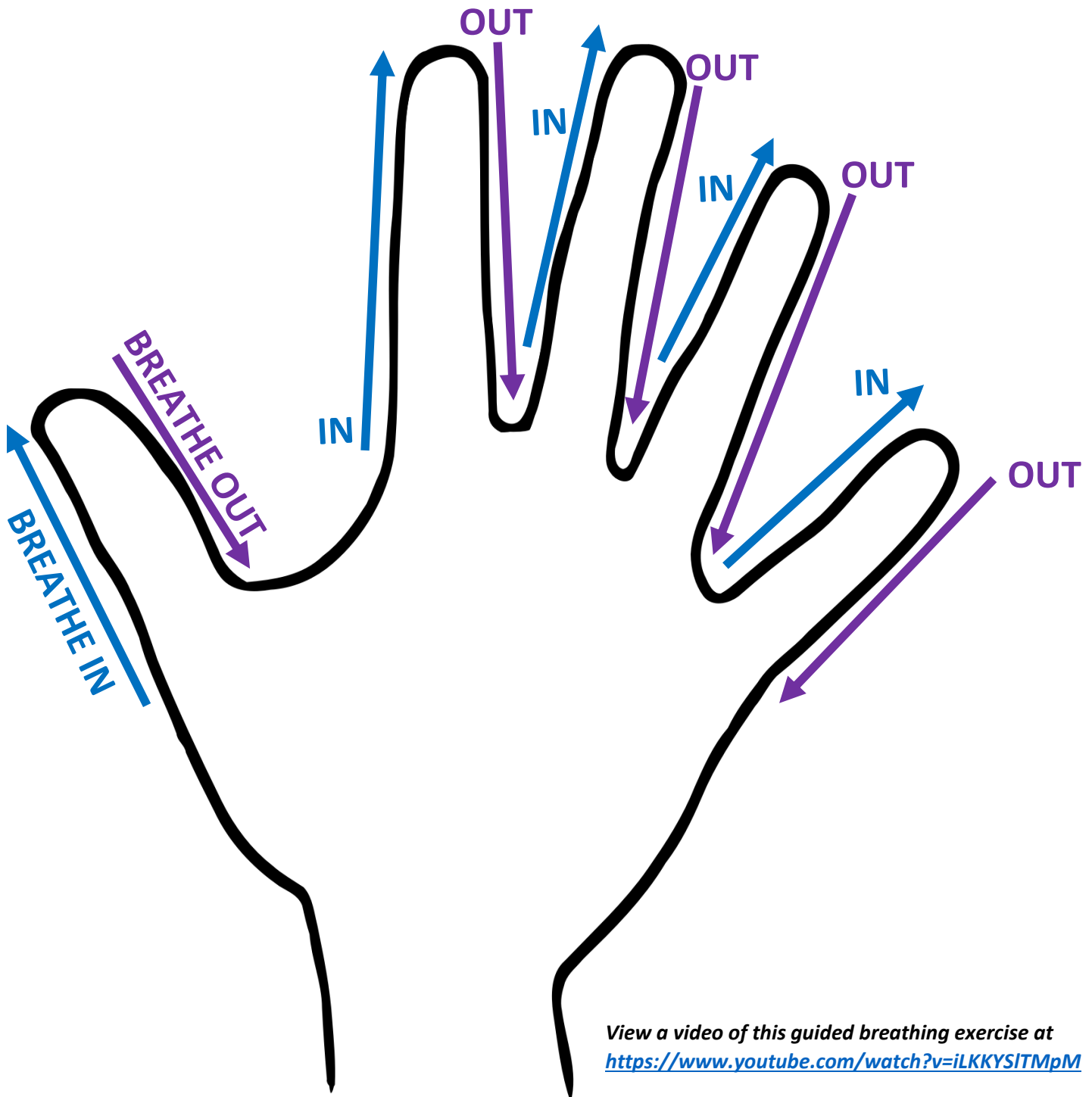
GIVE ME FIVE BREATHING

Trace around each finger.

Breathe IN as you trace your finger UP.

Breathe OUT as you trace you finger DOWN.

REPEAT until you feel the stress slow!



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