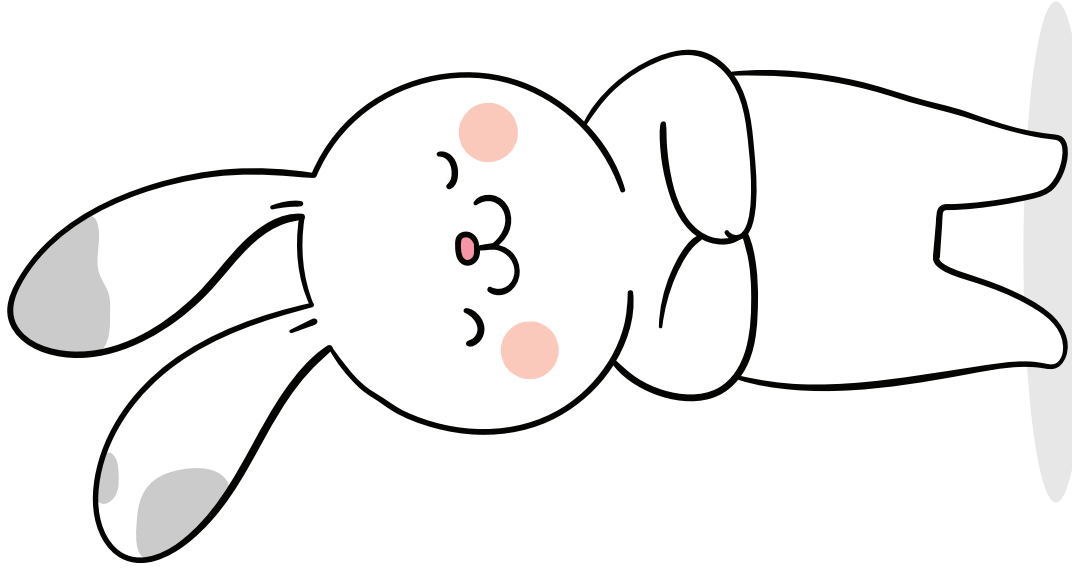


# Bunny Breaths



Sit up tall on your knees like a bunny

Take 3 quick sniffs through your nose, then one long, slow exhale through your nose

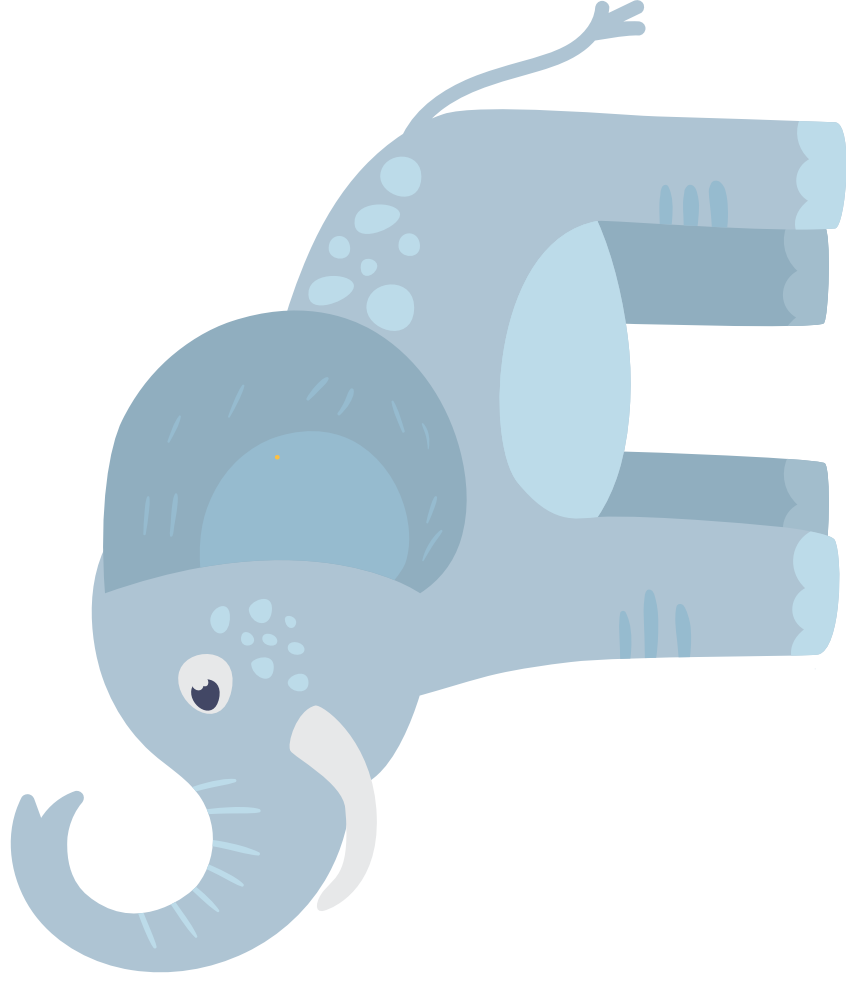
See if you can make your exhale longer and slower each time while you look around for carrots

# Elephant Breaths

Stand with your feet wide apart and your arms dangling in front of you like an elephant's trunk

Breathe in deeply through your nose, and raise your arms high above your head

Slowly swing your arms down again while you breathe out through your mouth

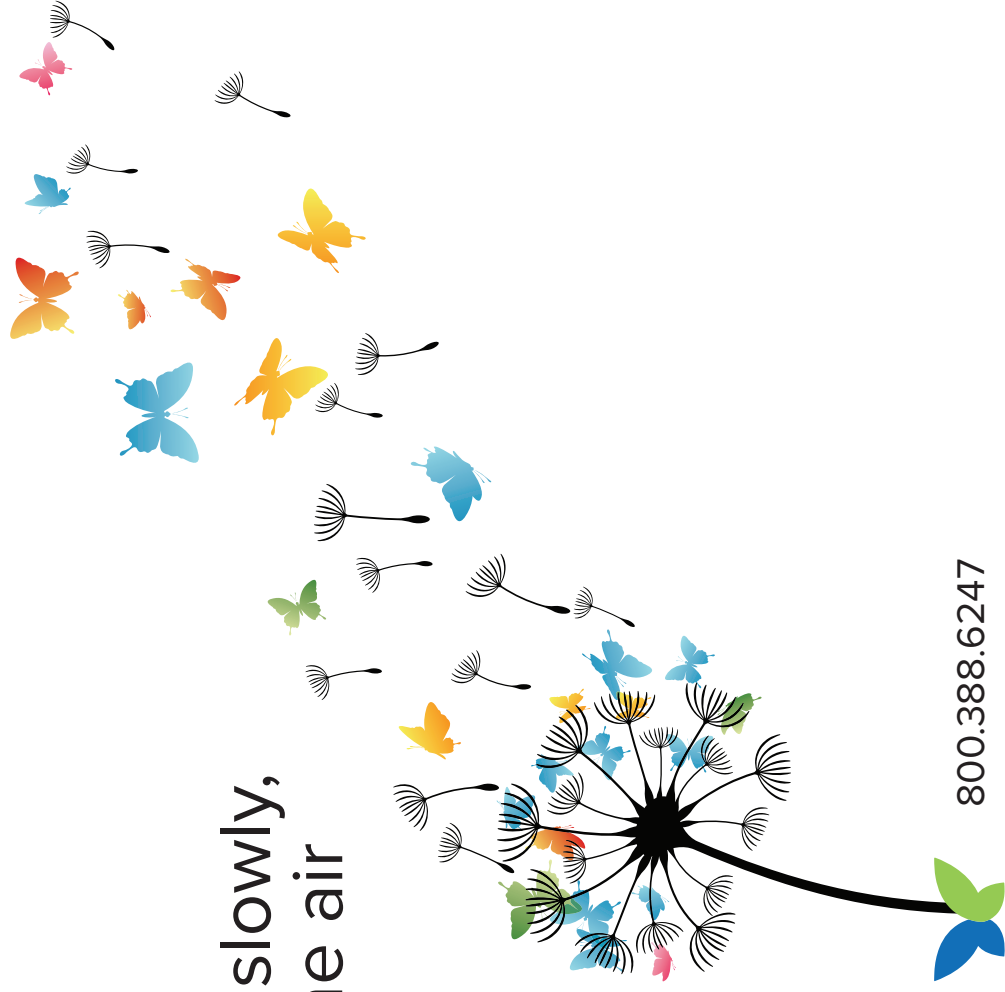


# Dandelion Breaths

Sit up tall and relax your shoulders

Imagine a dandelion flower (or look at this one)

Take a deep breath in,  
then blow the breath out slowly,  
sending the seeds into the air



# Tummy Breaths

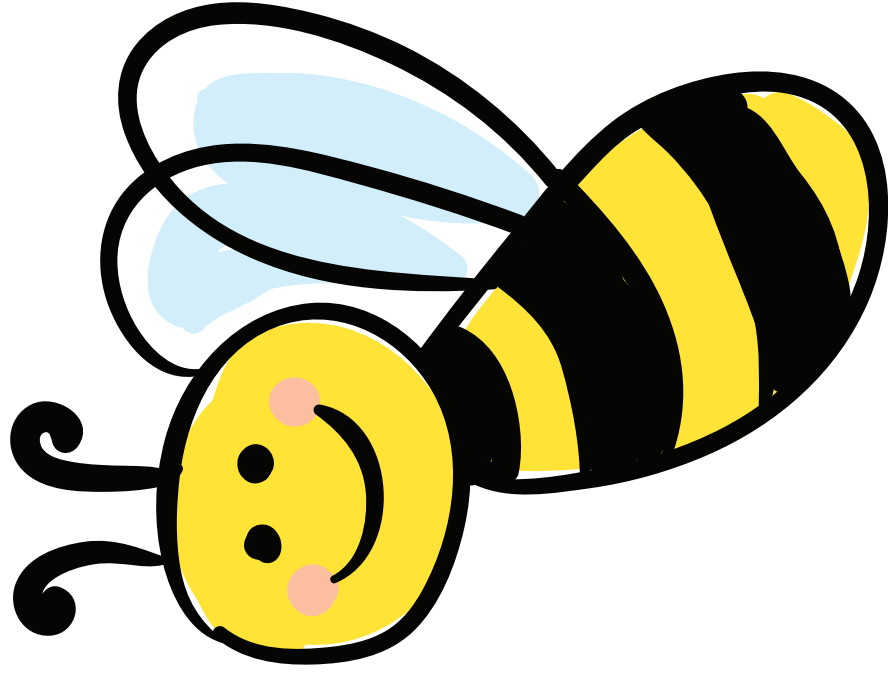
Lie down on the floor or in your bed and place a stuffed animal on your stomach

Take a deep breath and watch the stuffed animal rise, then lower as you exhale

Keep taking deep breaths to rock your stuffed animal to sleep



# Bumblebee Breaths



Sit up tall, relax your shoulders, and close your eyes

Breathe in deeply through your nose

Breathe out, making a bee buzzing or humming sound



# Lazy 8 Breaths



Slowly trace the shape with your finger.

Inhale while you trace around the left side, pause, then exhale while you trace around the right side

