

MINDFULNESS

Activity Cards



RAINBOW BREATH



1. Trace each color with your finger.
2. As you trace up, breathe in.
3. As you trace down, breathe out.

BEAR BREATH



1. Breathe in to a count of 1, 2, 3, 4,
2. Hold breath for a count of 1, 2, 3, 4.
3. Breathe out to a count of 1, 2, 3, 4,
4. Hold breath for a count of 1, 2, 3, 4.

BUNNY BREATH



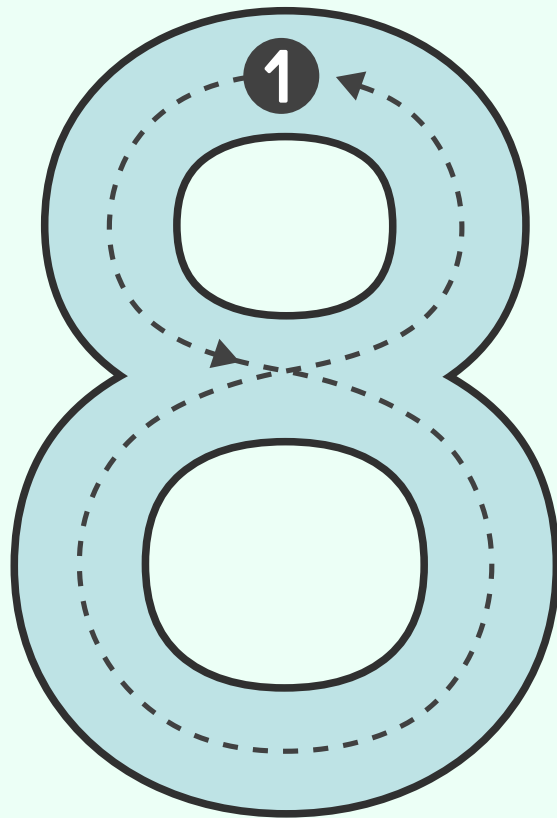
1. Breath in three quick sniffs.
2. Let your breath out slowly out the mouth.
3. Repeat three times.

HOT AIR BALLOON BREATH



1. Put your hands on top of your head.
2. Breathe in slowly and raise your hands above your head like you are blowing up a big balloon.
3. Exhale slowly, bringing your hands down on your head.
4. Repeat three times.

FIGURE EIGHT BREATH



1. Put your finger on the number 1.
2. Breathe in slowly while tracing the number 8, stopping at number 1.
3. Repeat the tracing the number 8 and breathe out slowly.
4. Repeat three times.

BUBBLE BREATH



1. Breathe in slowly.
2. Let your breathe out nice and slow, you don't want to pop the bubbles!
3. Repeat three times.

DRAGON BREATH



1. Take a deep breath in.
2. Breathe out while sticking out your tongue like a dragon breathing fire!
3. Repeat three times.