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Pinwheel

(smell flower/blow pinwheel)



Bubbles



Birthday Cake

(smell frosting/blow candles)



Dragon Breathe



Dandelion Wishes



Balloon Breathe



Hawk Hug



Yoga Breaths



Super Power Breath



5 Fingers



Buzzy Bee
(smell honey/buzz out)



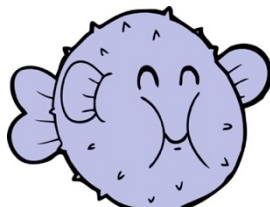
Santa
(smell/ho-ho-ho)



Rocket



Puffer Fish



Elephant



Hot Cocoa
(smell, blow steam)



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Dragon Breathe

Fill your belly by breathing in through your nose like a dragon. Huff all the air out like you are blowing fire. Repeat 3-5 times.

Birthday Cake

Pretend to smell frosting/ blow candles. Smell with nose, blow out candles with mouth. Repeat 3-5 times.

Bubbles

Breathe in through nose, pretend to blow bubbles out through mouth with pursed lips. Repeat 3-5 times.

Pinwheel

Pretend to hold pinwheel. Breathe in through nose (filling belly), out through mouth to “spin” it. Repeat 3 – 5 times.

Yoga Breaths

Sit in chair or criss-cross. Touch tip of thumbs to fingers and rest back of hands on thighs. Close eyes, breathe in slowly through nose and out through mouth. Repeat 3-5 times.

Hawk Hug

Act like a hawk taking in fresh air through your beak, then wrap your arms (feathers) like you are giving yourself a hug and push air out through mouth (beak). Repeat 3-5 times.

Balloon Breathe

With hand on stomach, breathe in deep through your mouth to make belly rise like a balloon. Pretend to deflate the balloon by pushing all the air out of belly through mouth. Repeat 3-5 times.

Dandelion Wishes

Pretend you are holding a dandelion. Smell the flower and blow out the “wishes” into the air. Repeat 3-5 times.

Santa

Make your finger into a curved candy cane. Pretend to smell the candy cane and then HO-HO-HO your breath out, like Santa. Repeat 3-5 times.

Buzzy Bee

Act like you are holding a jar of honey. Smell honey with your nose and then BUZZZZ out your breath. Repeat 3-5 times.

5 Fingers

To visually guide 5 deep breaths, open your 5 fingers. Use your pointer finger on other hand to “trace” your fingers. As you trace up a finger breathe in through nose, going down finger, breathe out.

Super Power Breath

Tie a fabric square on finger. Gain “super strength” by breathing in through nose and then blowing on the cape to make it “fly” (you can even draw a smile on finger tip).

Hot Cocoa

Pretend one hand is a saucer. Use other hand to hold your pretend cup. Smell with your nose, blow steam to cool. Repeat 3-5 times.

Elephant

Act like an elephant with a long trunk. Breathe in through your nose to fill your trunk with air, push air out through mouth. Repeat 3-5 times.

Puffer Fish

Take a big breath in through nose, fill your cheeks big like a bubble. Push all the air out between your lips. Repeat 3-5 times.

Rocket

Fill your rocket up with fuel by breathing in deep through your nose. Help your rocket take off by blowing out through your mouth. Repeat 3-5 times.