



BREATHING TECHNIQUES

3 FOR KIDS

BUMBLEBEE BREATH

Lightly place a finger in each ear. Take a deep breath in through your nose, and hum softly like a bee as you breathe out.

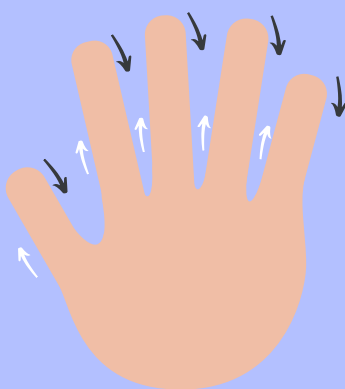


RAINBOW BREATHING

Take a deep breath in as you follow the arc to the top, pause, then exhale as you follow the arc to the bottom. Repeat with each color.



5 - FINGER BREATHING



Trace each finger with your pointer finger. Take a deep breath in as you go up each finger and exhale as you go down each finger.