

Breathing Exercises

Take 5 Breathing
Trace fingers up and down
Inhale up; exhale down



Hissing Breathing
Big breath through nose
ssss through mouth



Bunny Breathing
3 quick inhales-nose
1 big exhale-mouth



Bumble Bee Breathing
Sit criss cross, close eyes
Breathe in-nose
fingers in ears-exhale buzz



Hot Air Balloon Breathing
Sit criss cross;
hands cup mouth
inhale deeply-nose
exhale-mouth blowing up
balloon



ELEPHANT BREATHING
stand with feet wide apart
dangle arms in front
breathe in through nose
raising arms above head
breathe out through mouth



Bear Breathing
Imagine hibernating bear
Inhale through nose for 3
Pause for 3
Exhale for 3

