

# THANK YOU

## Product includes

Thank you for visiting my store I have made these deep breathing exercises for you to use with your students. I have found them helpful with my fluency students as well as students struggling with anxiety. I have also used these as part of a calming corner activity for students. If you have any questions or concerns, please contact me. If you see any errors, please let me know and I will fix them right away!

## Terms of Use

This resource has been a labor of love. By downloading this activity you have purchased the right to use it for your own personal use. You may print it as often as you wish for your students or classroom. You may not copy, resell, or share downloads. If another teacher would like a copy please direct them to my store.

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## Review

I am just starting out with my store and would LOVE it if you would take the time to leave a review.

## Graphics

Graphics used in this product were used from a subscription to Vecteezy. Thank you!

# DEEP BREATHING

To experience deep breathing, you can sit or lie down in a comfortable position and breathe slowly and deeply through your nose. Your stomach should rise and expand when you inhale, and you should exhale fully.

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## Using Shapes



Using shapes is an easy way to keep track of breaths in and out. You can use your finger to trace the shape so you know where you are in your breathing. Try each and see how they work for you.

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## Five Finger Breathing



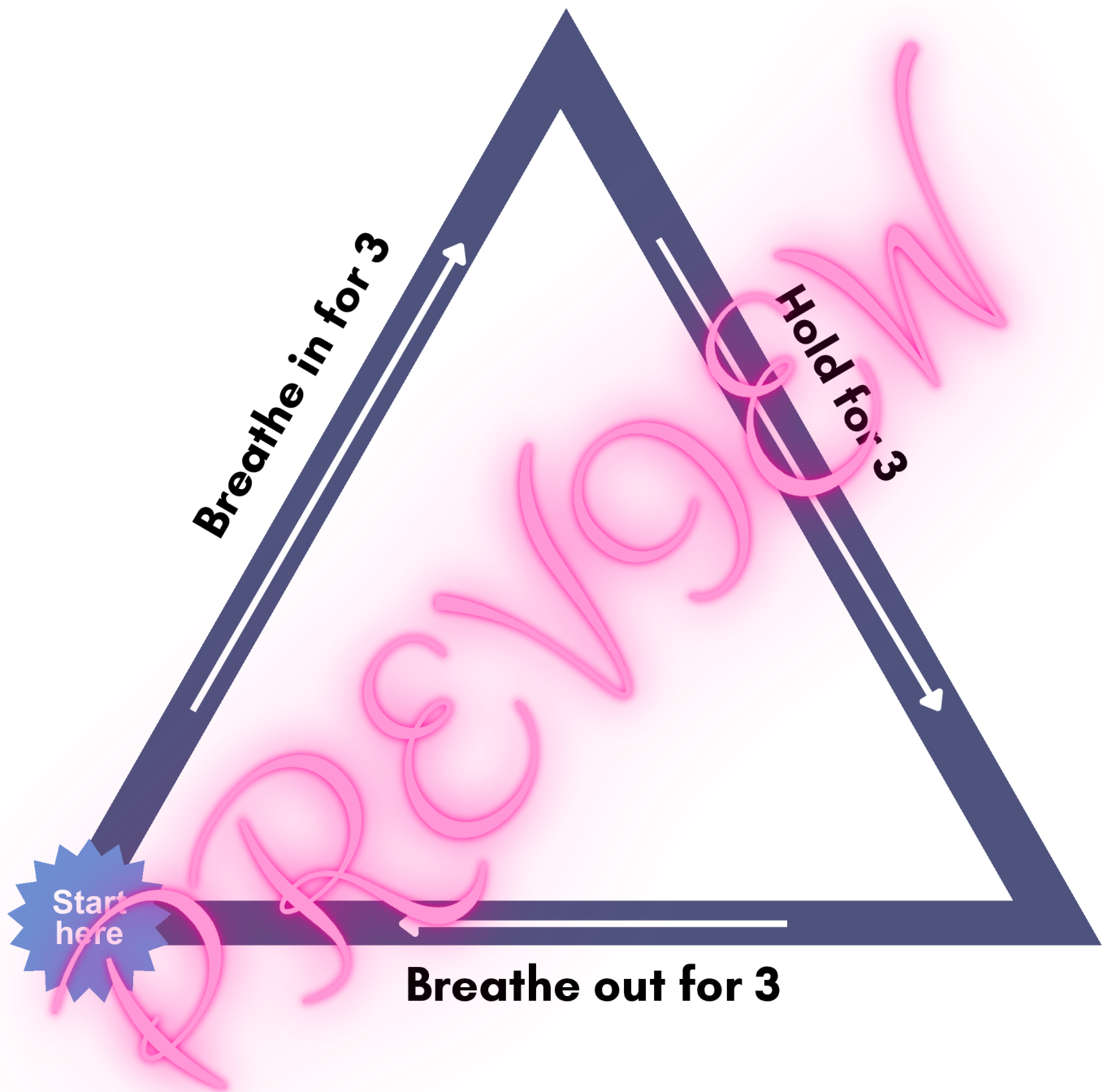
Five-finger breathing is a quick and easy breathing exercise. Hold one hand out. With your other hand, trace each finger up as you breathe in and trace each finger down as you breathe out—finishing with five deep breaths.

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## 4-7-8 Breathing

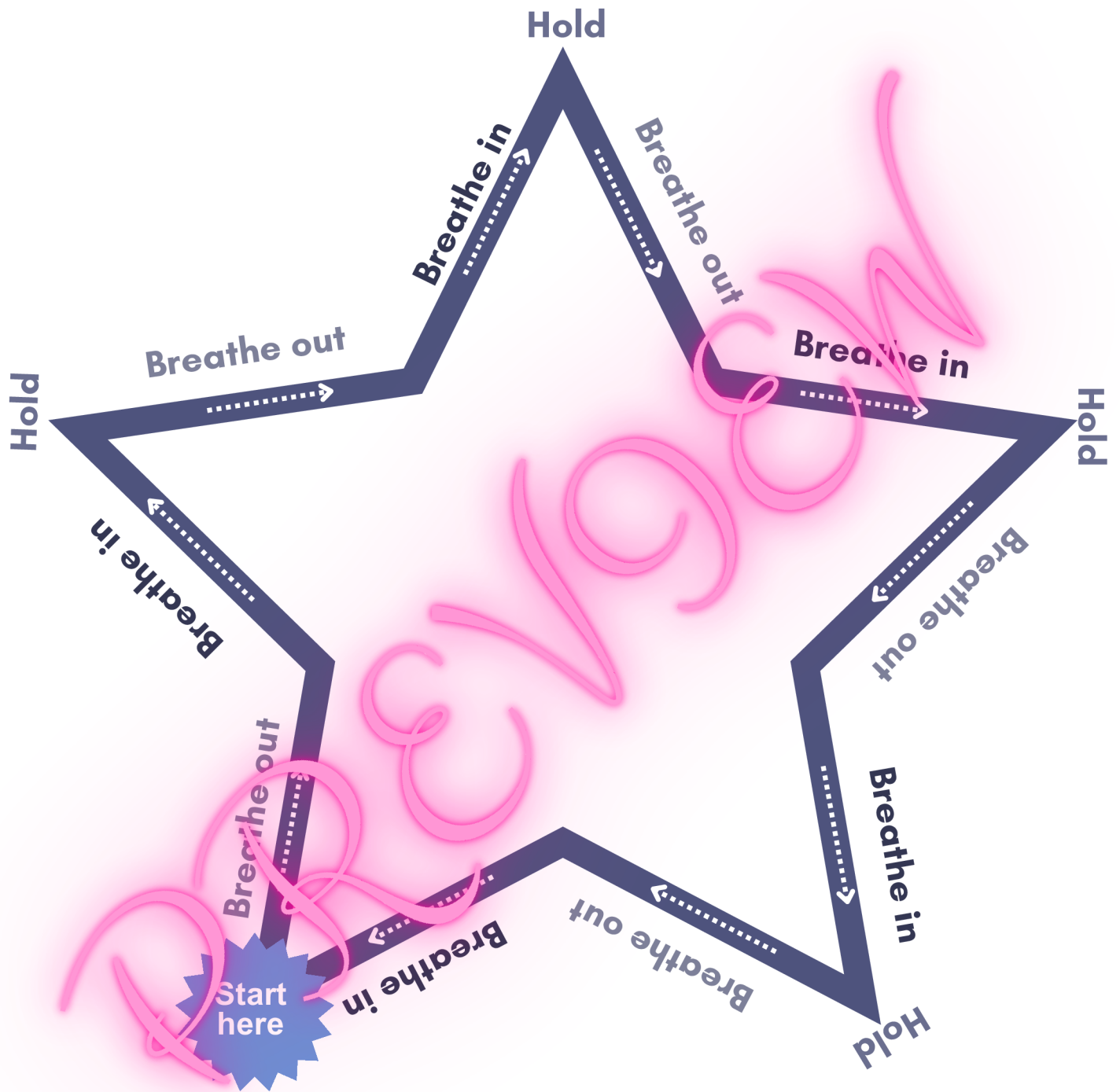
Breathing in quietly through the nose for 4 seconds. holding the breath for a count of 7 seconds. exhaling forcefully through the mouth, pursing the lips, and making a “whoosh” sound for 8 seconds. repeating the cycle up to 4 times.

# TRIANGLE BREATHING



Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat.

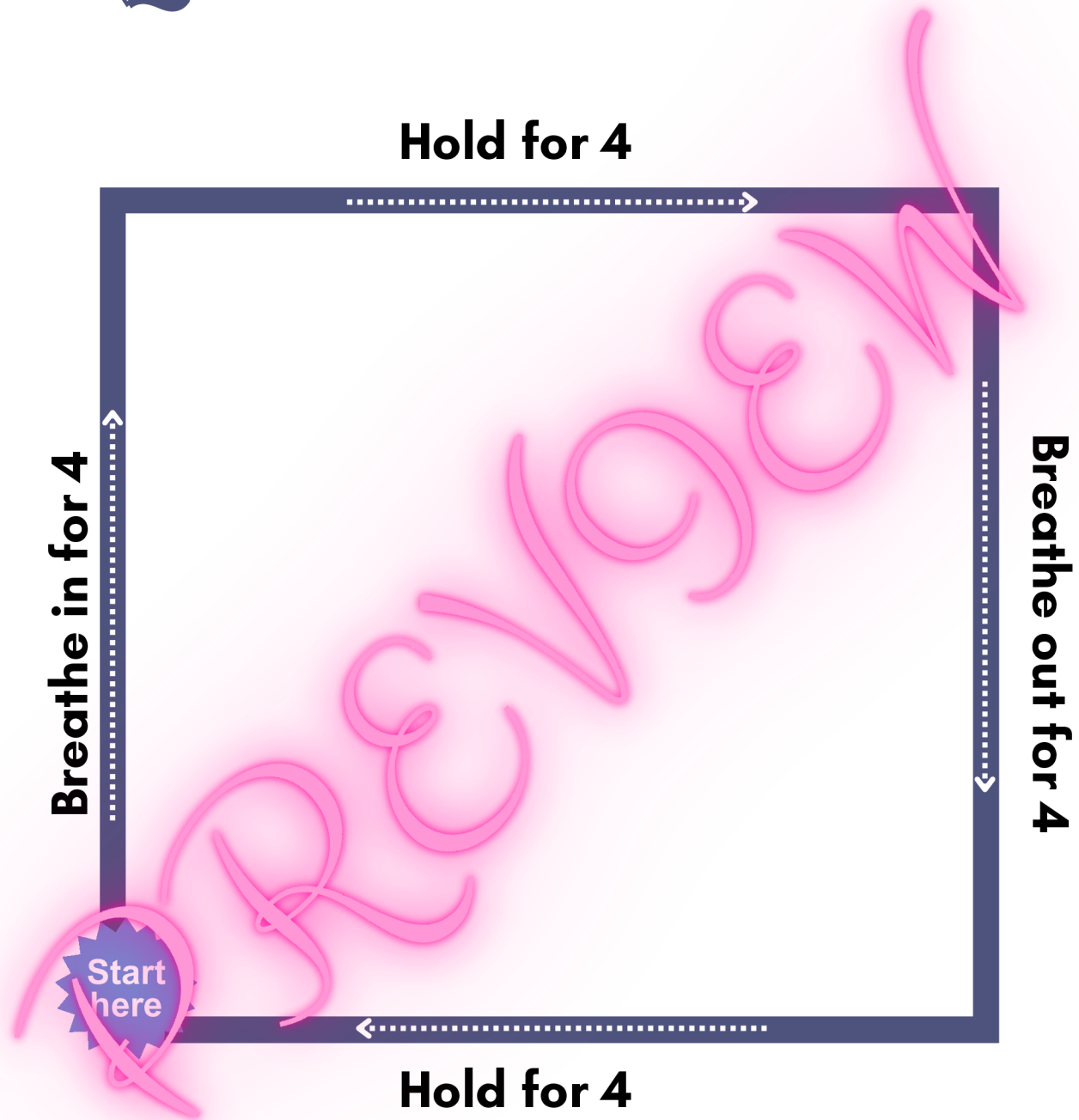
# STAR BREATHING



Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side.

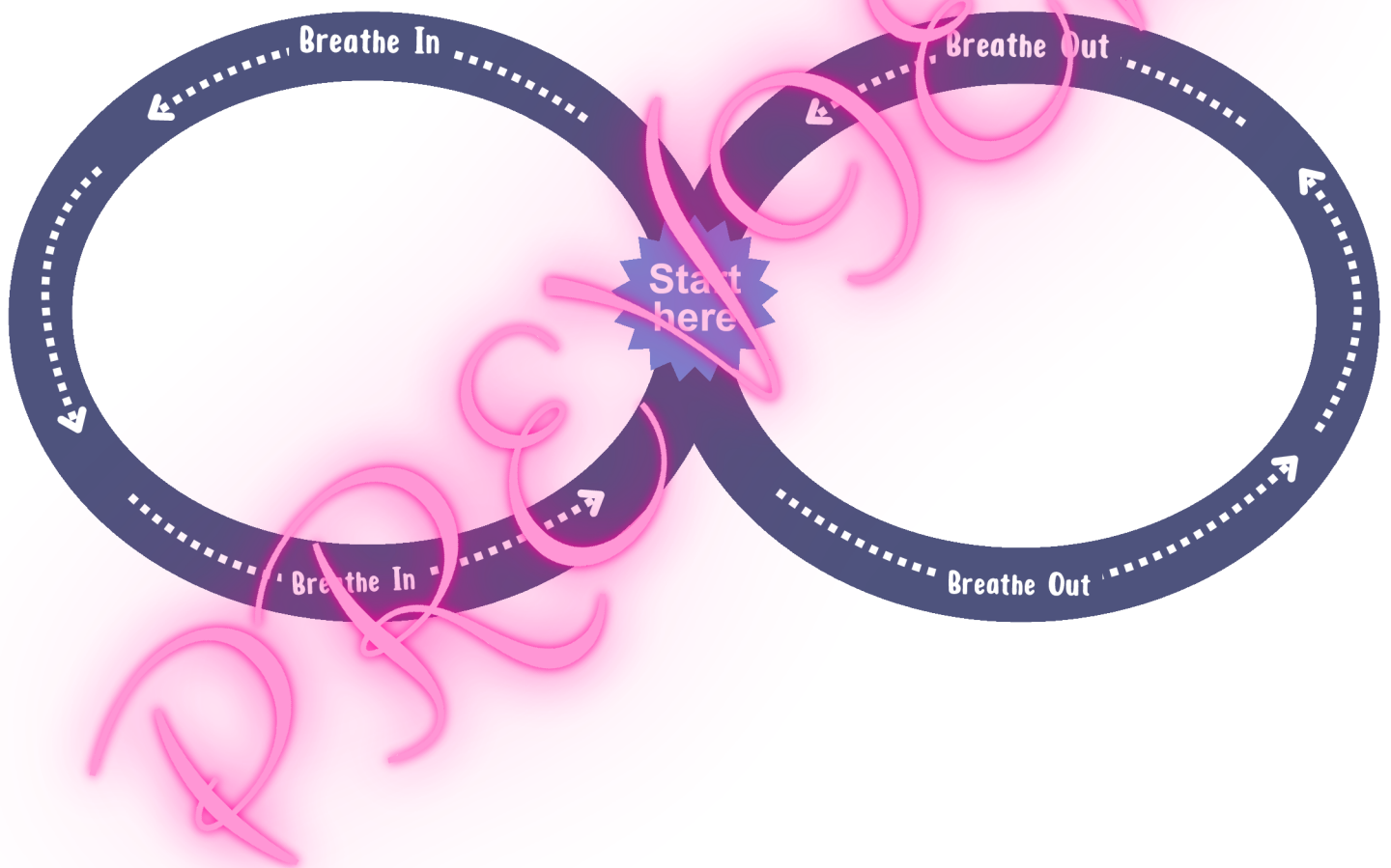


# SQUARE BREATHING



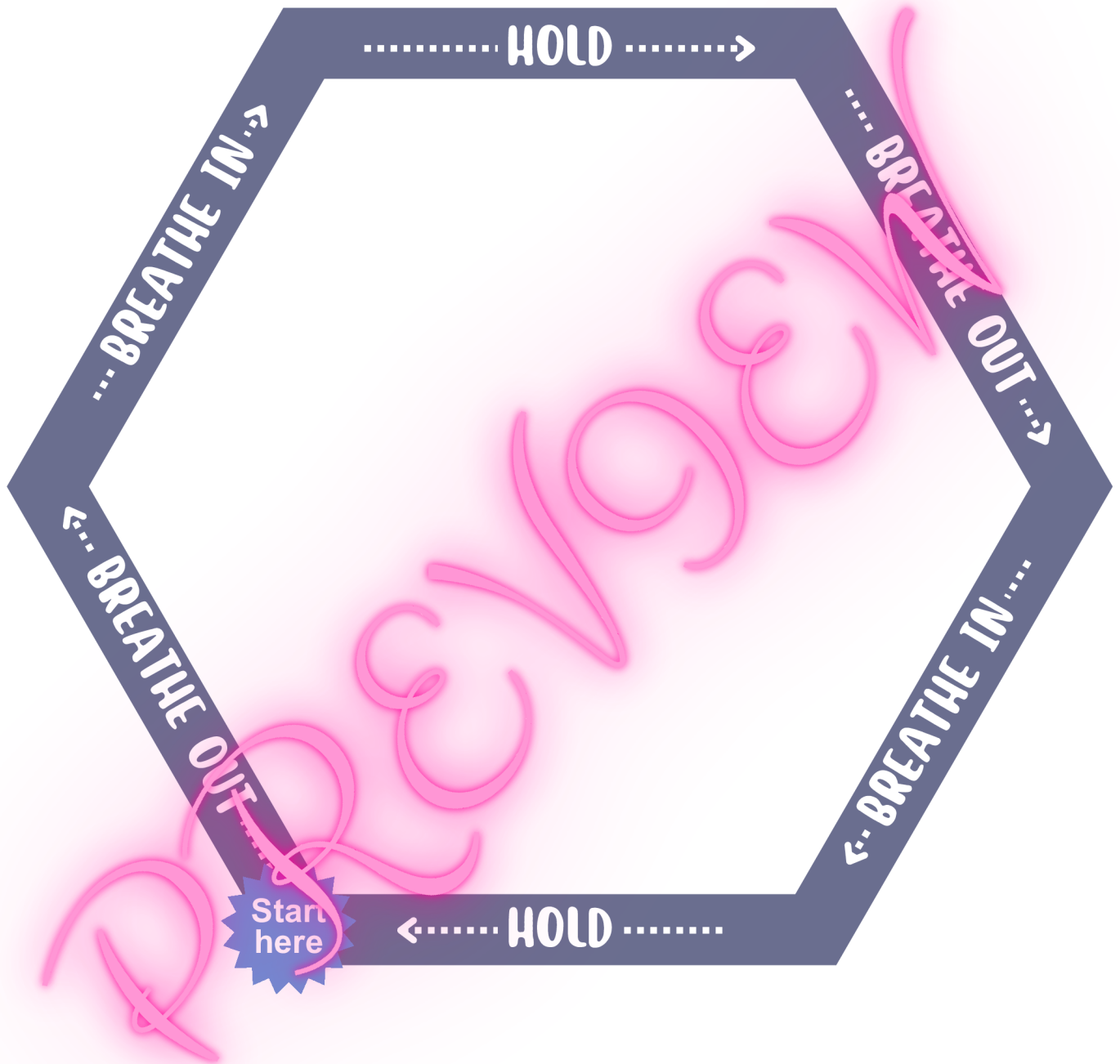
Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

# FIGURE 8 BREATHING



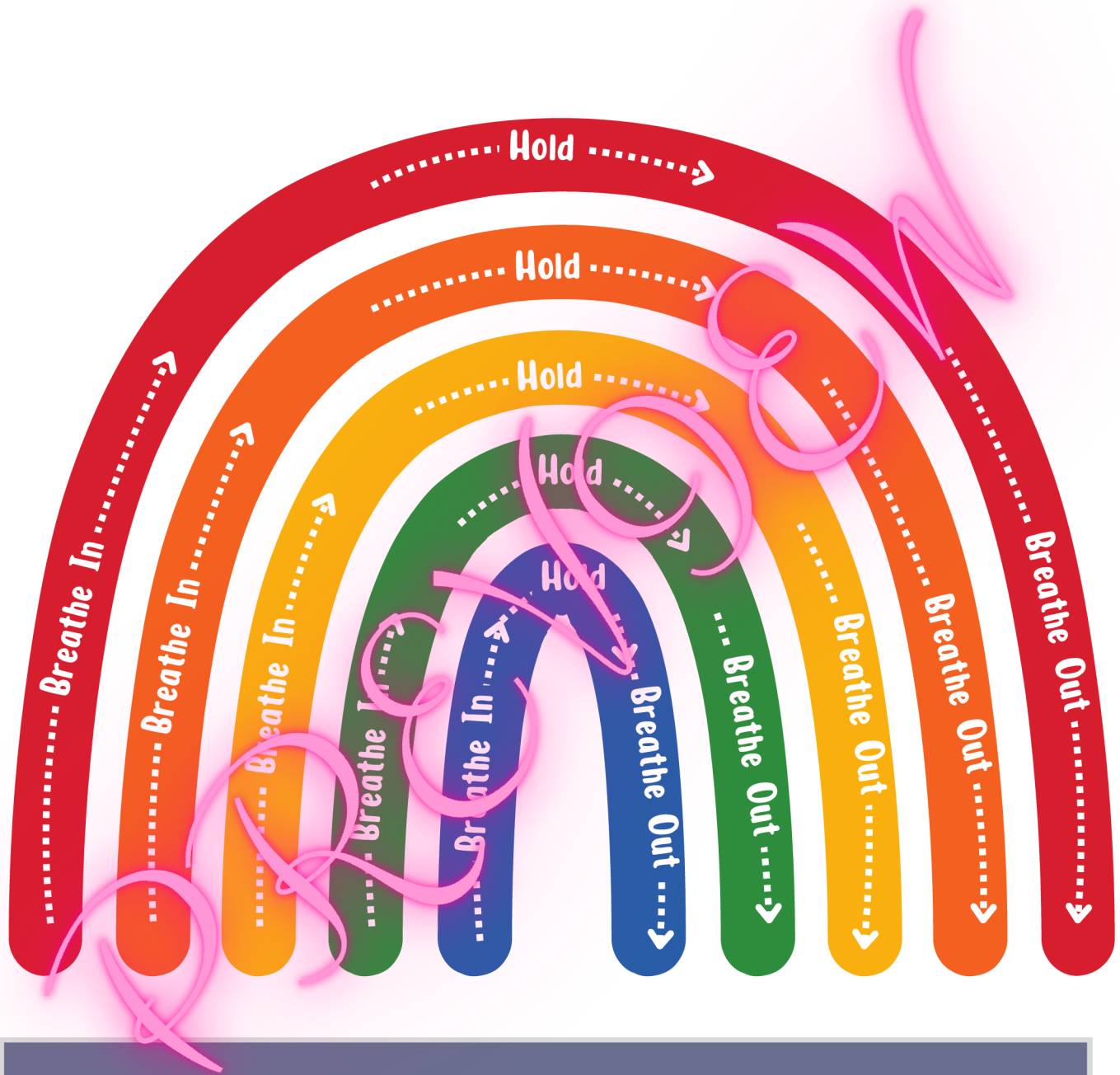
Use your finger to trace the different sides of the Figure 8. On the left side, take a deep breath in through your nose. As you trace the right side, breathe out through your mouth. Repeat this as many times as needed

# 6 SIDED BREATHING



Trace your finger over the "breathe in" side as you take a deep breath in. Hold your breath as you trace the second side of the hexagon. Breathe out as you trace the third side of the hexagon. Then repeat for the bottom part of the hexagon.

# RAINBOW BREATHING



Place your finger at the bottom of the rainbow.  
Take a deep breath in as your finger travels up the rainbow.  
When you reach the top of the rainbow, slowly start to  
exhale as you move your finger down the rainbow.



# 5 FINGER BREATHING



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

You can also do this breathing exercise using your own hand.

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# 4-7-8 BREATHING



**Breathe in through  
your nose for 4  
seconds**



**Hold your breath for  
7 seconds**

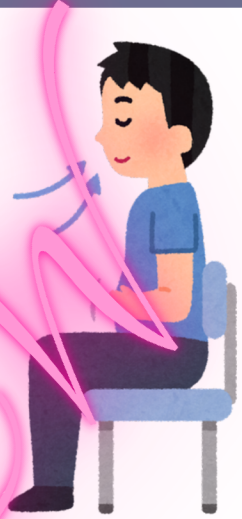


**Breathe out through  
your mouth for 8  
seconds**

# 4-7-8 BREATHING

4

Breathe in  
through your  
nose for 4  
seconds



7

Hold your  
breath for 7  
seconds



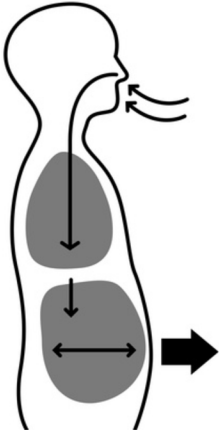
8

Breathe out  
through your  
mouth for 8  
seconds





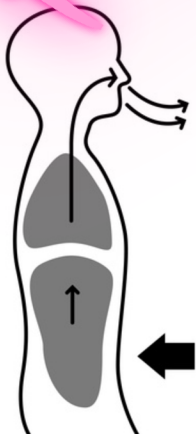
# BELLY BREATHING



**Place your hand on your belly,  
and breathe in slowly through  
your nose.**



**Hold your breath for  
a count of four**



**Breathe out slowly  
through your mouth.**

# BELLY BREATHING

Imagine your belly is a balloon. This balloon will get bigger as you breathe in, and it will get smaller as you breathe out



**Place your hand on your belly, breathe in slowly through your nose, and feel that balloon getting bigger**



**Hold your breath for a count of four**



**Breathe out slowly through your mouth.**

# BREATHING

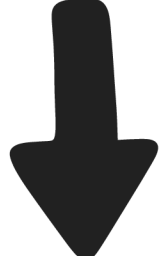
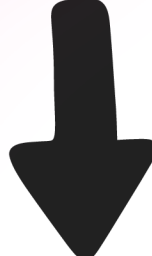
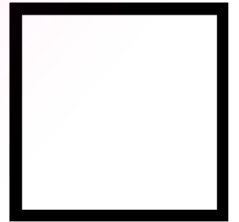
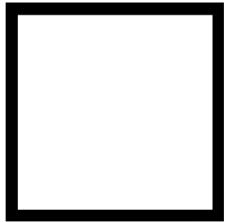


**Breathe in through  
your nose like you  
are smelling  
flowers.**

**Breathe out  
through your mouth  
like you are blowing  
bubbles.**

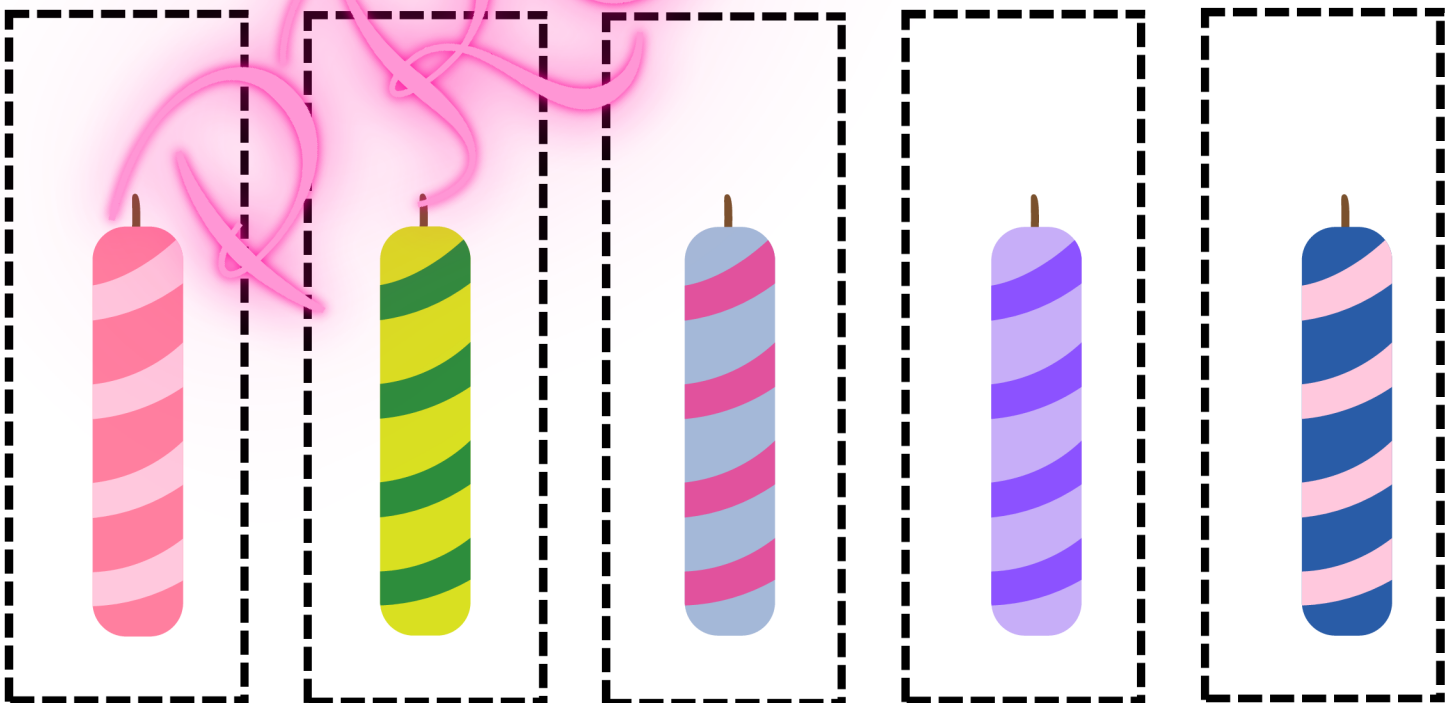


# I CAN TAKE 5 DEEP BREATHS





# I CAN TAKE 5 DEEP BREATHS



# TODAY I PRACTICED...

Triangle Breathing

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Star Breathing

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Square Breathing

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Figure 8 Breathing

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Six Sided Breathing

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Rainbow Breathing

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5 Finger Breathing

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4-7-8 Breathing

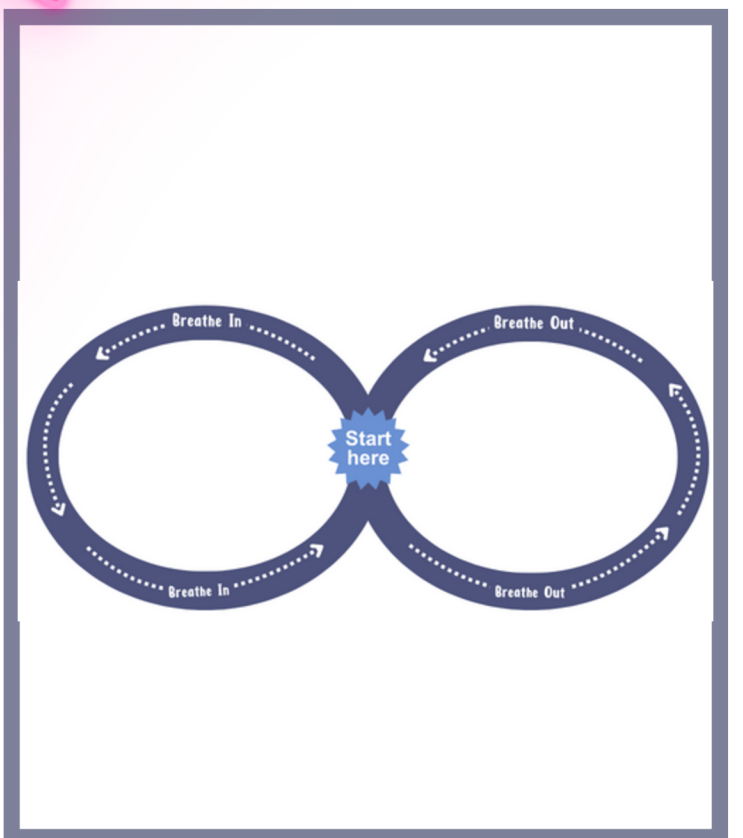
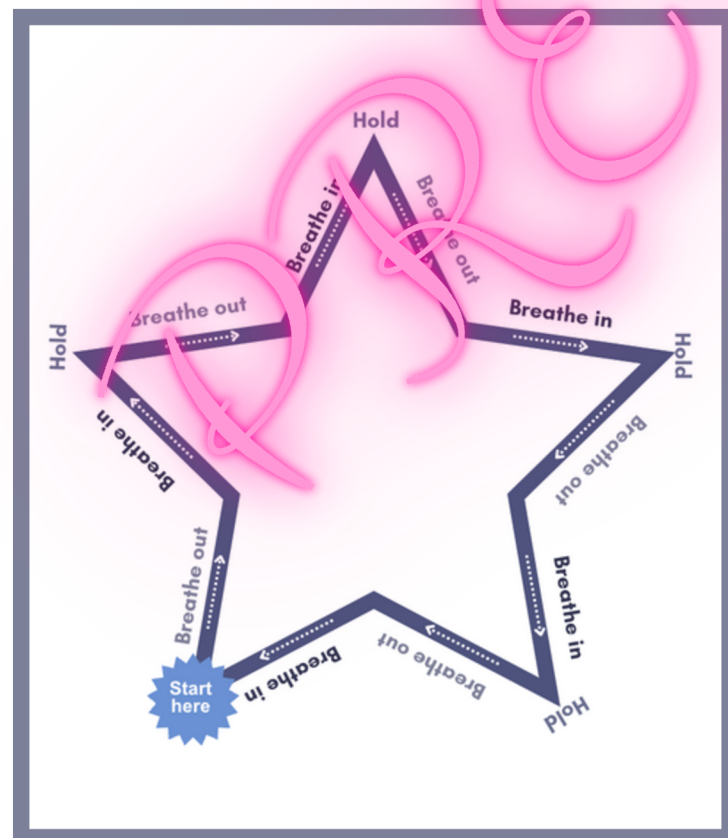
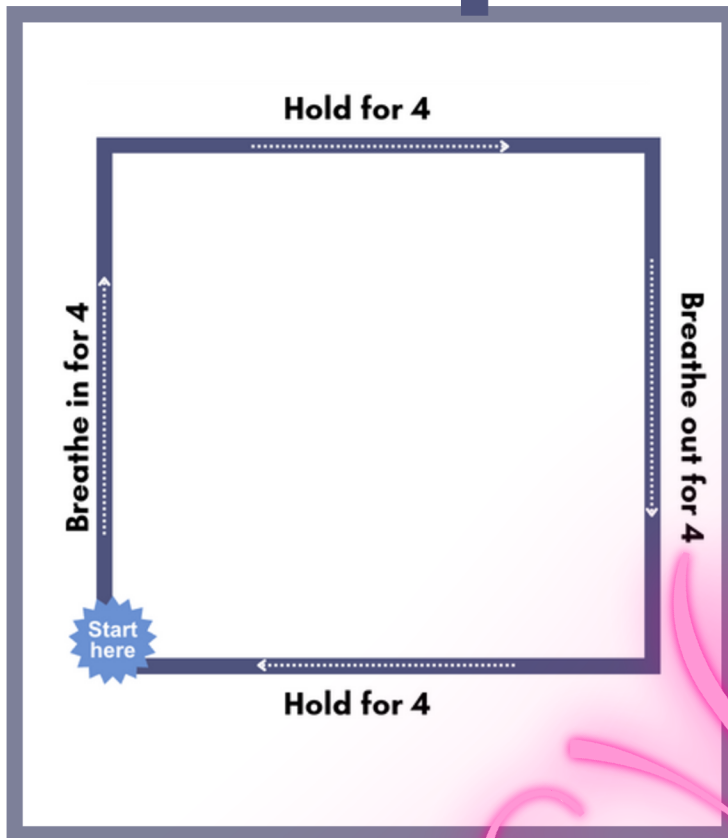
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Belly Breathing

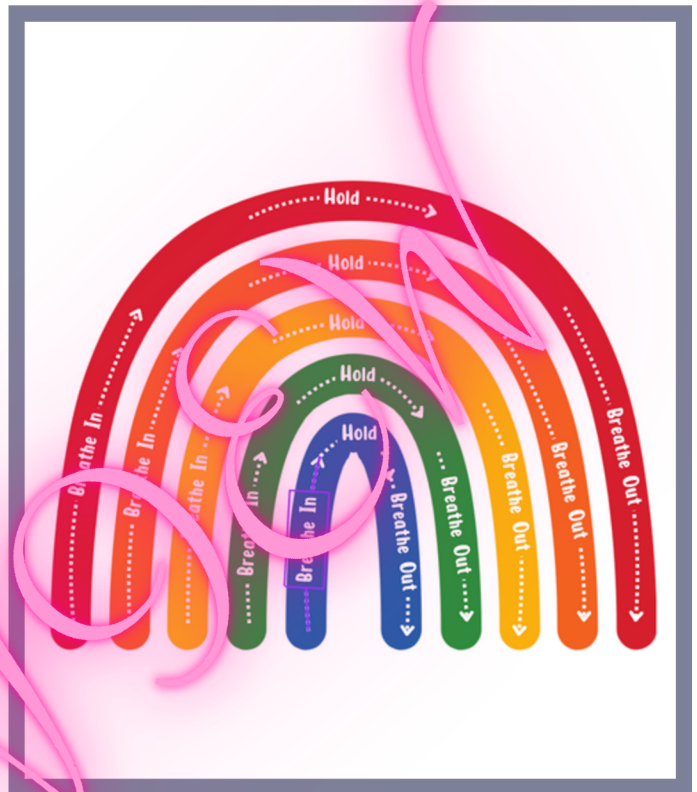
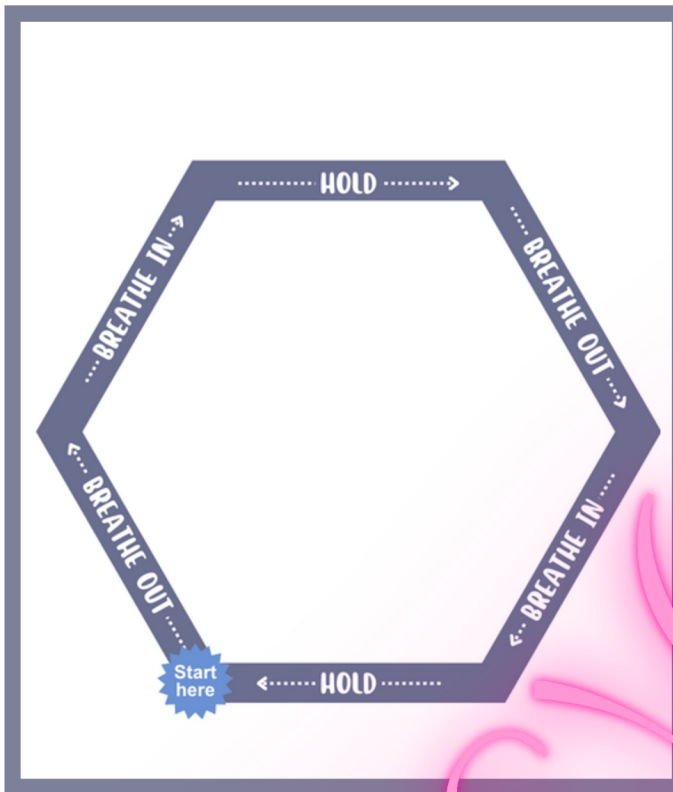
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# Deep Breathing



# Deep Breathing



**4** Breathe in through your nose for 4 seconds



**7** Hold your breath for 7 seconds



**8** Breathe out through your mouth for 8 seconds

