



PURPOSE //

- To practice deep breathing exercises which can be used in times of stress, anxiety or worry

OBJECTIVE //

- Deep Breathing :
- Helps you relax
 - Lowers your heart rate
 - Lowers blood pressure
 - Effective coping strategy

INSTRUCTIONS //

Materials

- Breathing exercises
 - Blow out the candle
 - Flower breathing
 - Leaf breathing

Application

- Practice deep breathing techniques with "flower breathing" handouts below.

Assembly

1. Print poster below and post somewhere in your house (Fridge, office, wall, etc.)

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:





BREATHE IN

PRETEND YOU ARE
SMELLING THE FLOWER

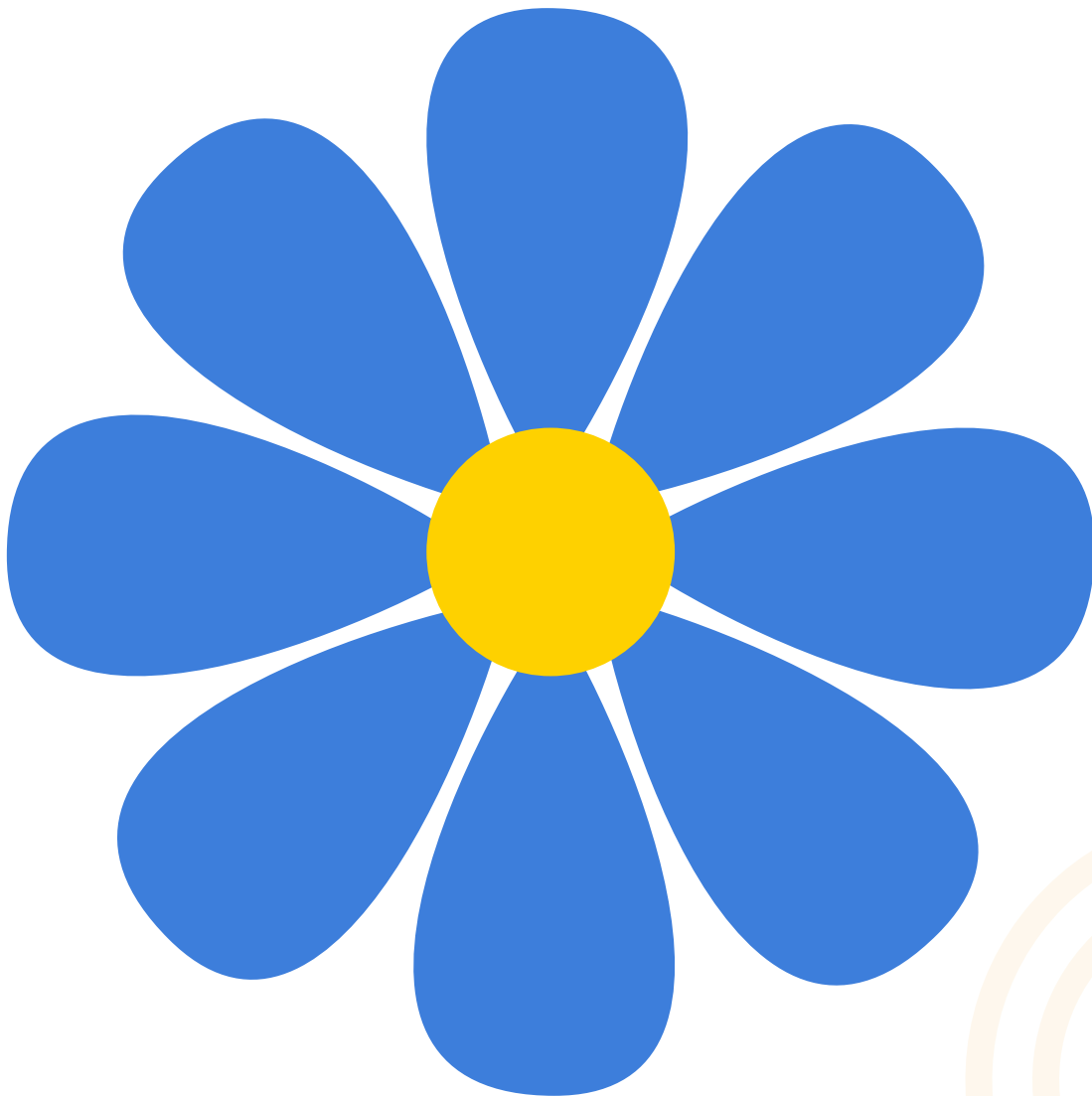
BREATHE OUT

PRETEND TO BLOW OUT
THE CANDLE



Use your finger to trace the flower petals

Breathe in for 2 petals and breathe out for 2 petals



Leaf Breathing

Slowly trace the leaf. Breathe in while tracing the right side then breathe out while tracing the left side.

