

MUSIC city COUNSELOR

THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

DIRECTIONS:

This resource includes 25 breathing exercise posters for children!

The full-page posters are perfect for a bulletin board display and instructional use.

The smaller cards are perfect to hole-punch and put on a keyring. You can keep these in your Calm Corner or students can place them on their desks and use them as needed.

The black/white version is great to use as coloring pages with students!

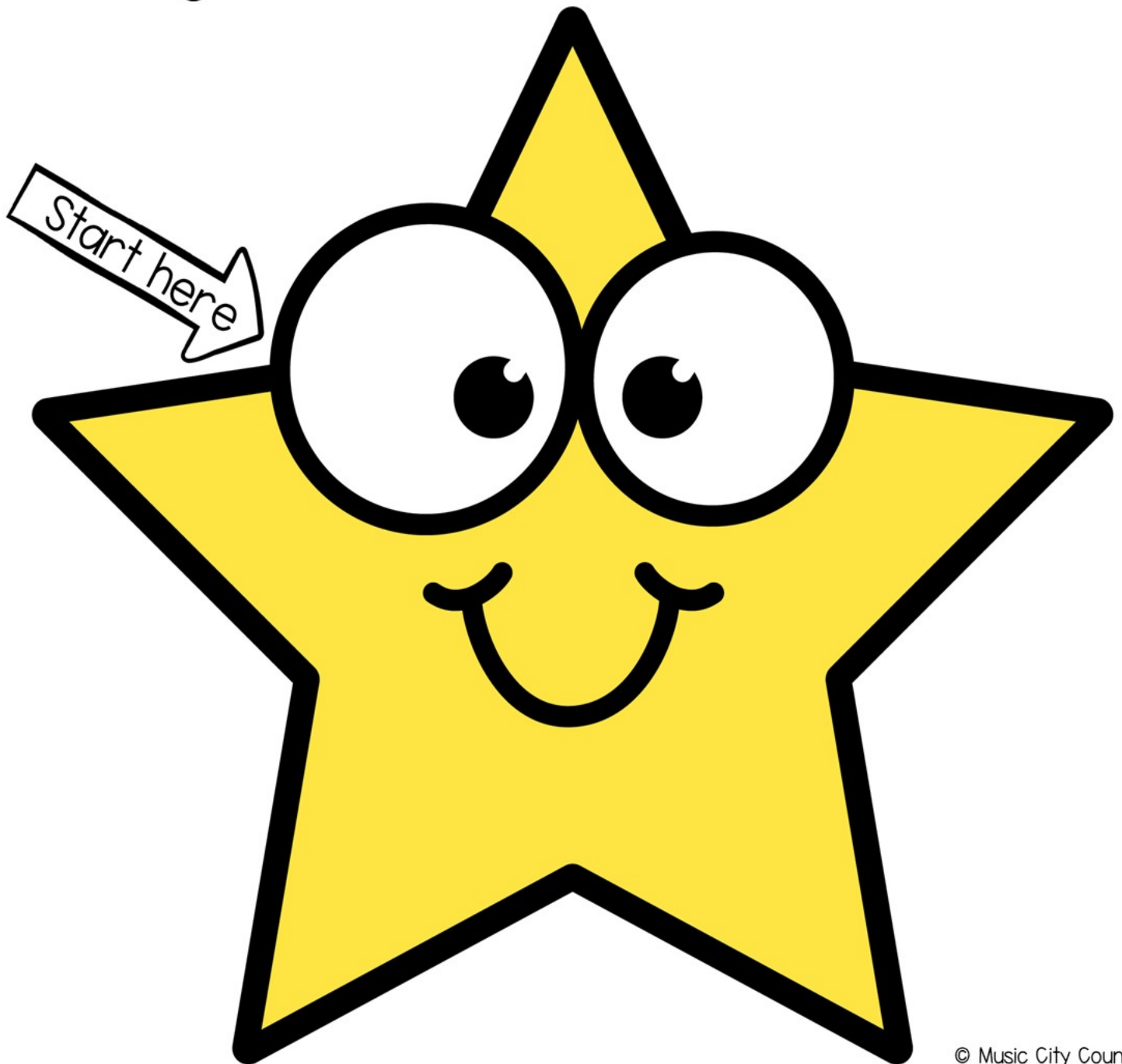
Questions? I'm here to help! Please contact me any time at

laura@musiccitycounselor.com.

**FULL COLOR
POSTERS**

Star BREATHING

Trace the lines of the star with your finger.
As your finger traces a line, breathe in. As
your finger traces the next line, breathe out.



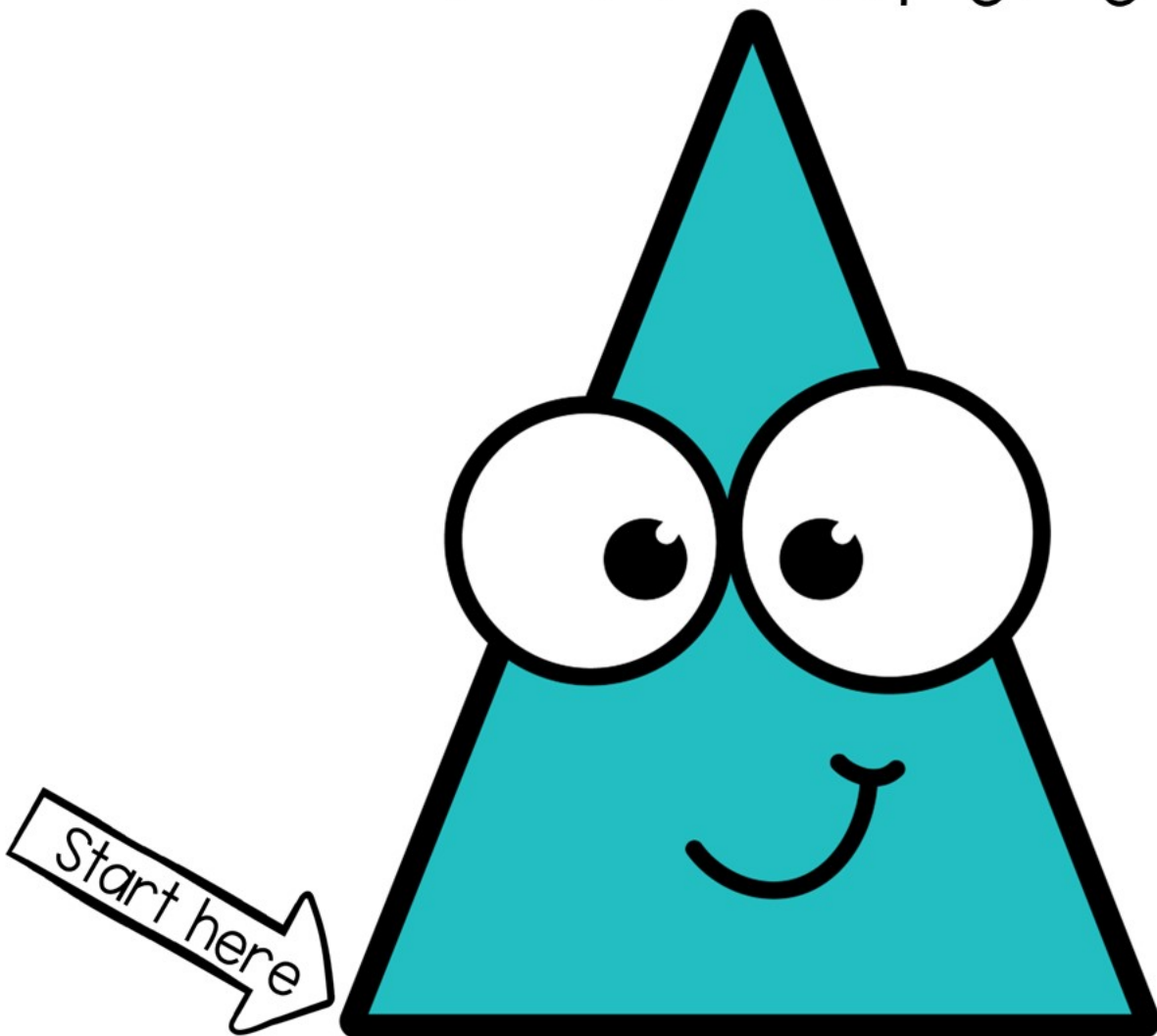
Rainbow BREATHING

Trace the colors of the rainbow with your finger. Breathe in as your finger traces red. Breathe out as your finger traces yellow. Keep going from there!



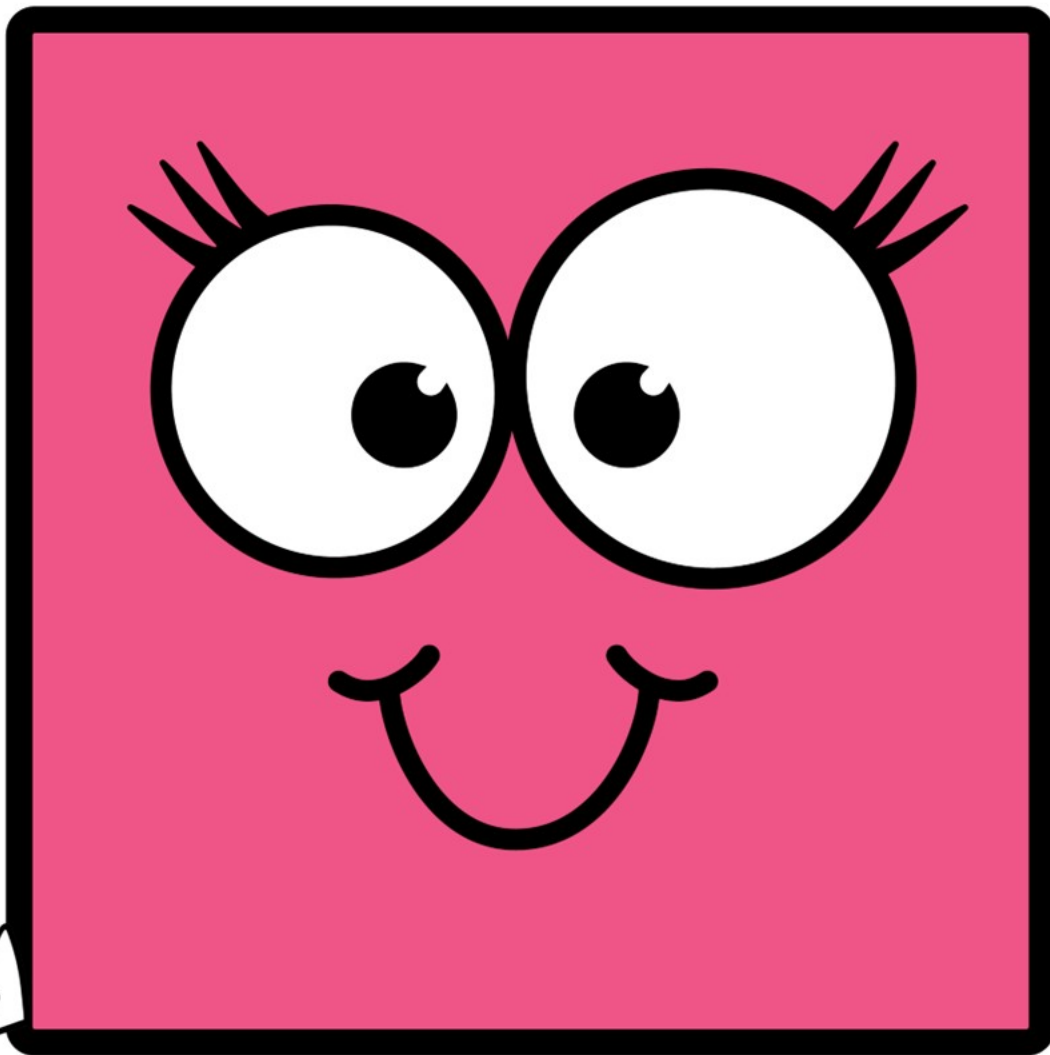
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Square BREATHING

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Turtle BREATHING

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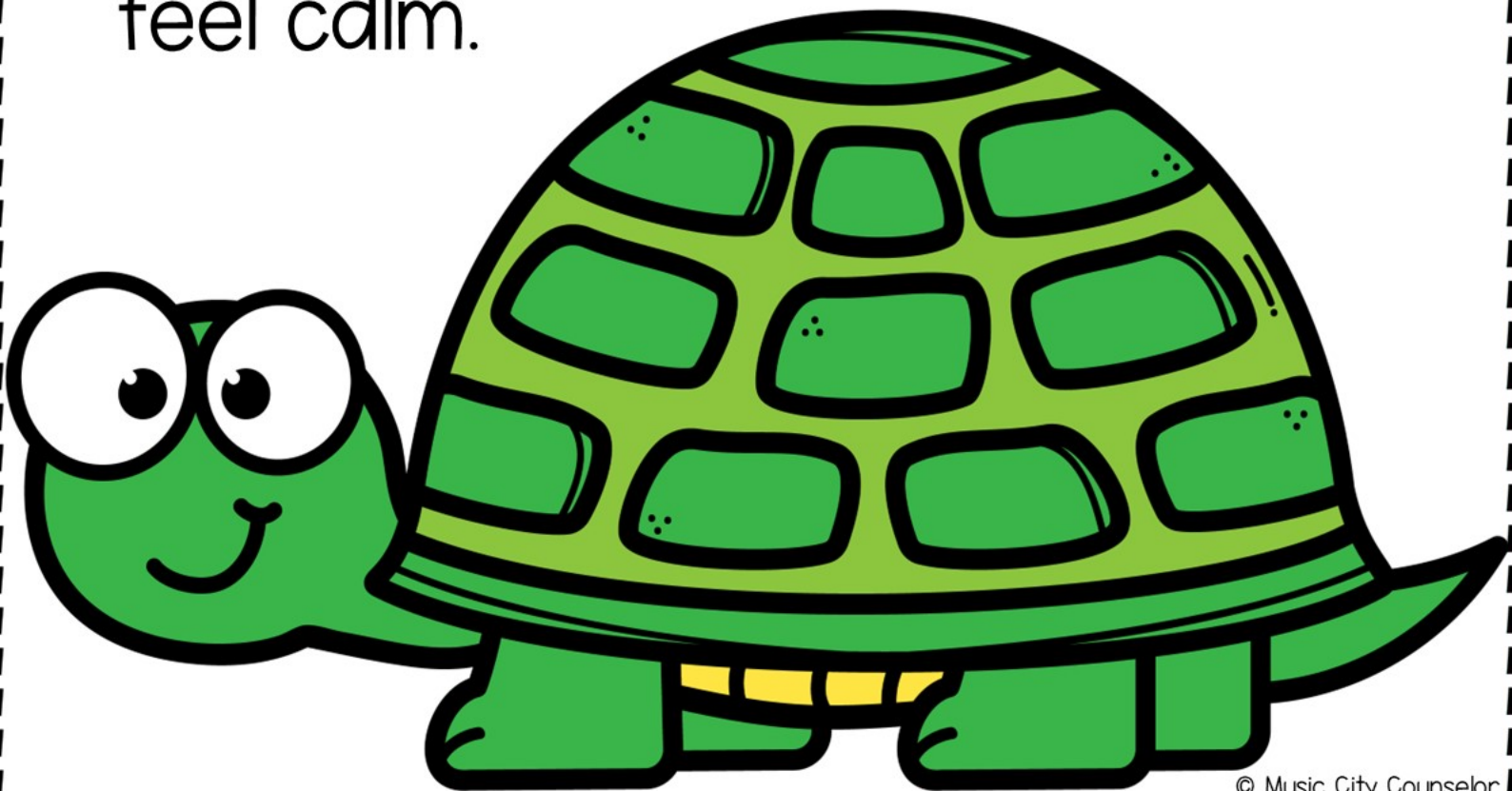
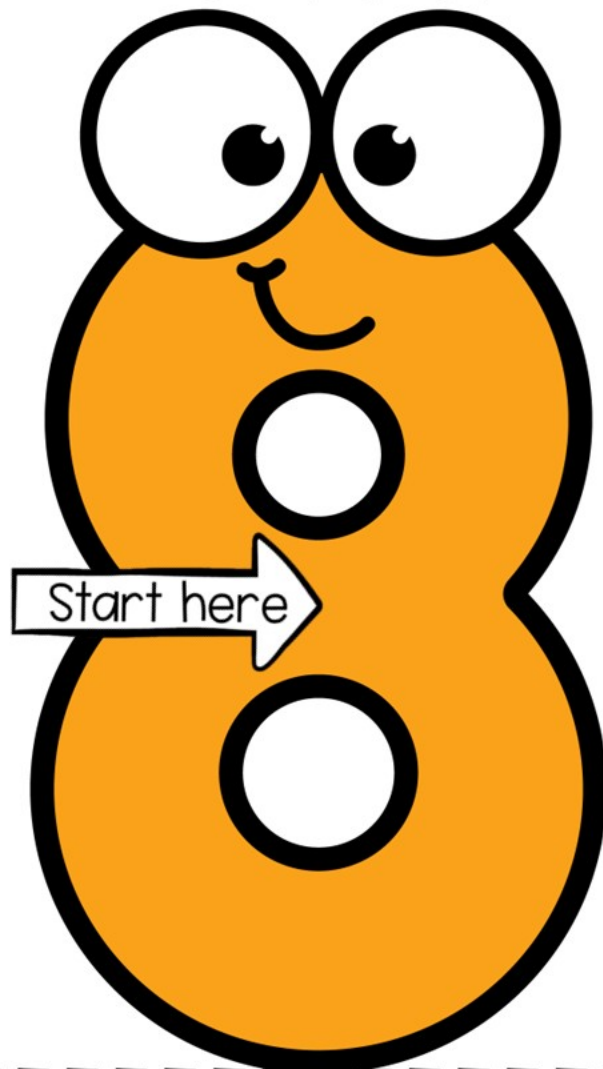


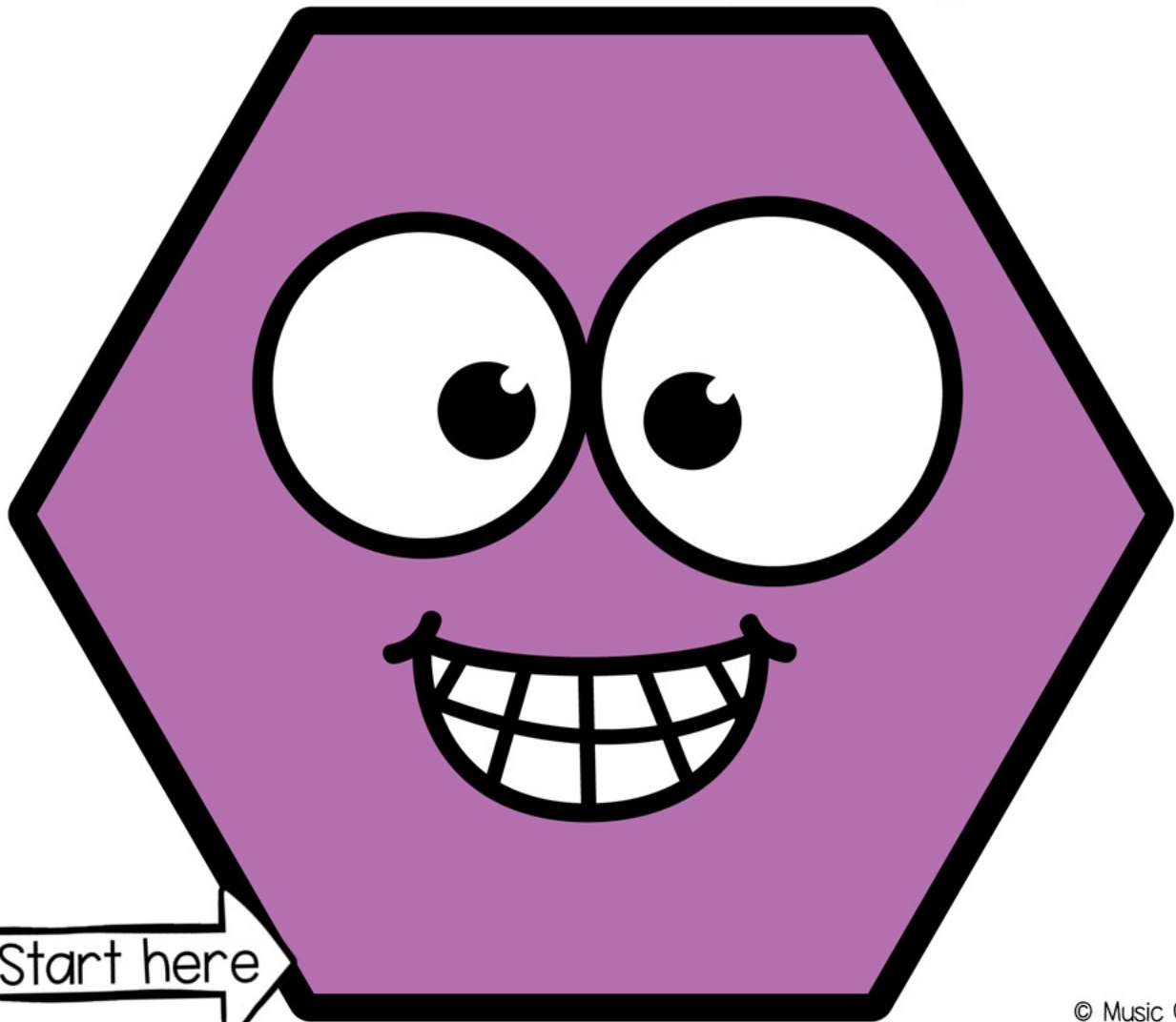
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Hexagon BREATHING

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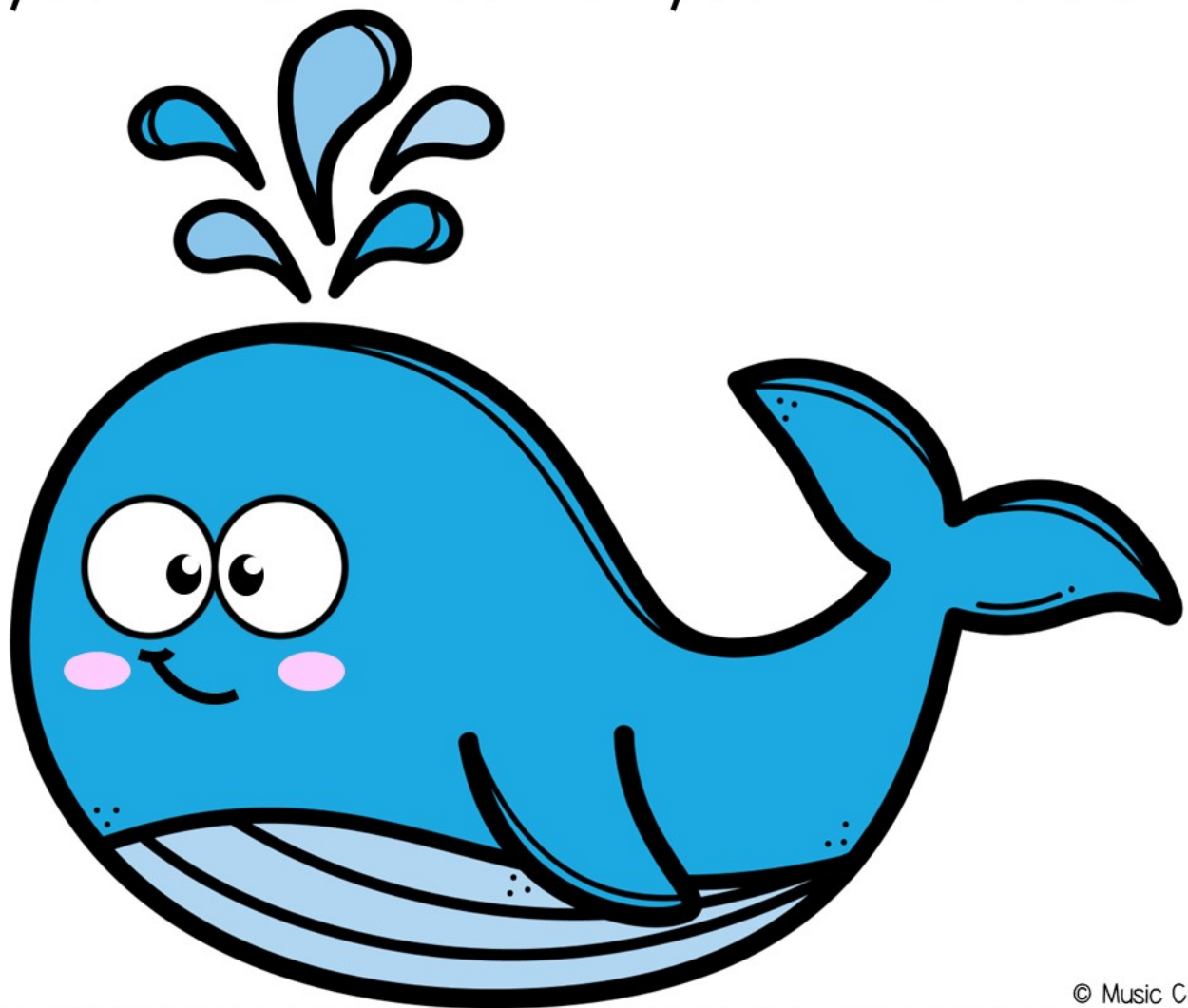
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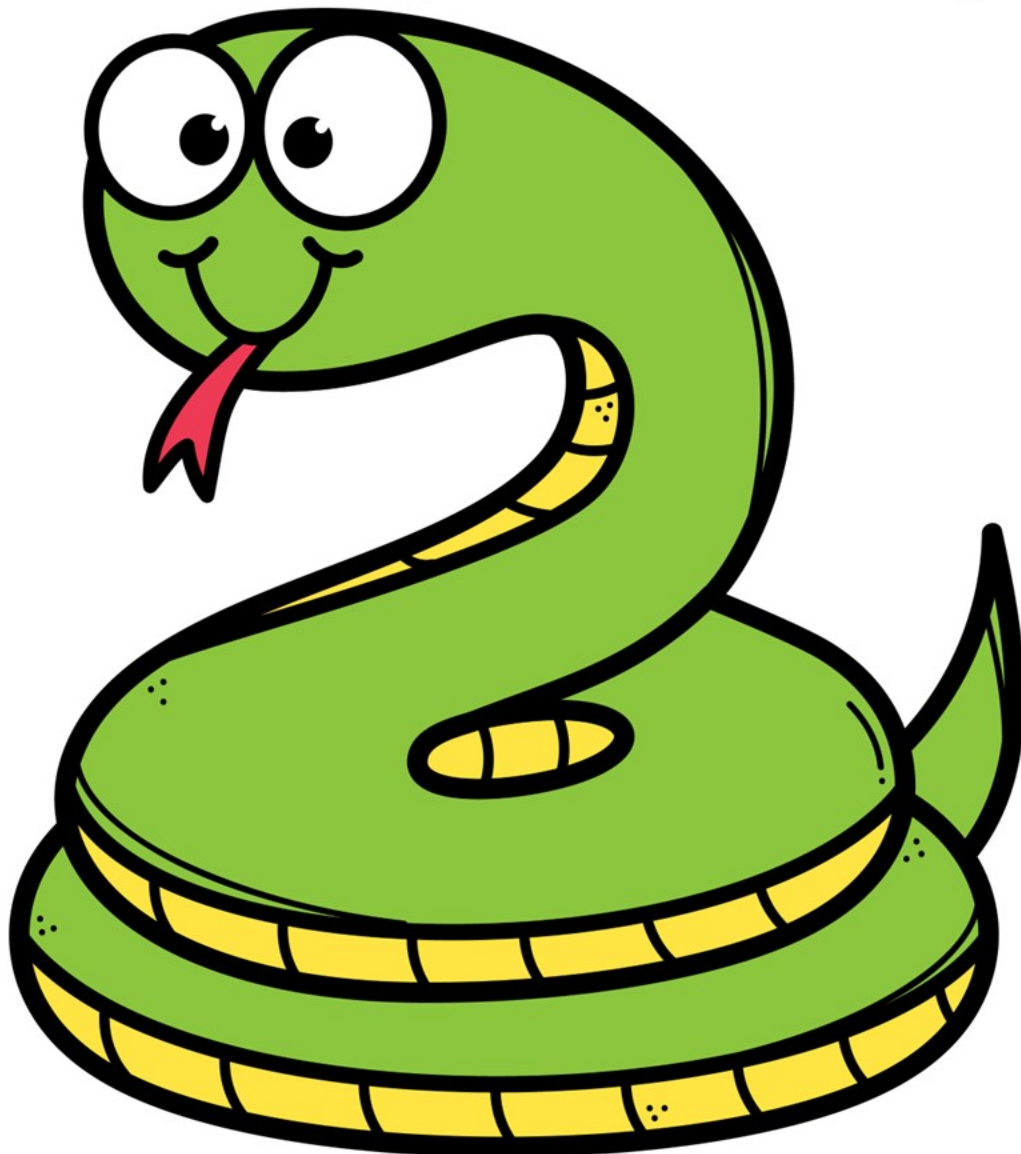
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Snake

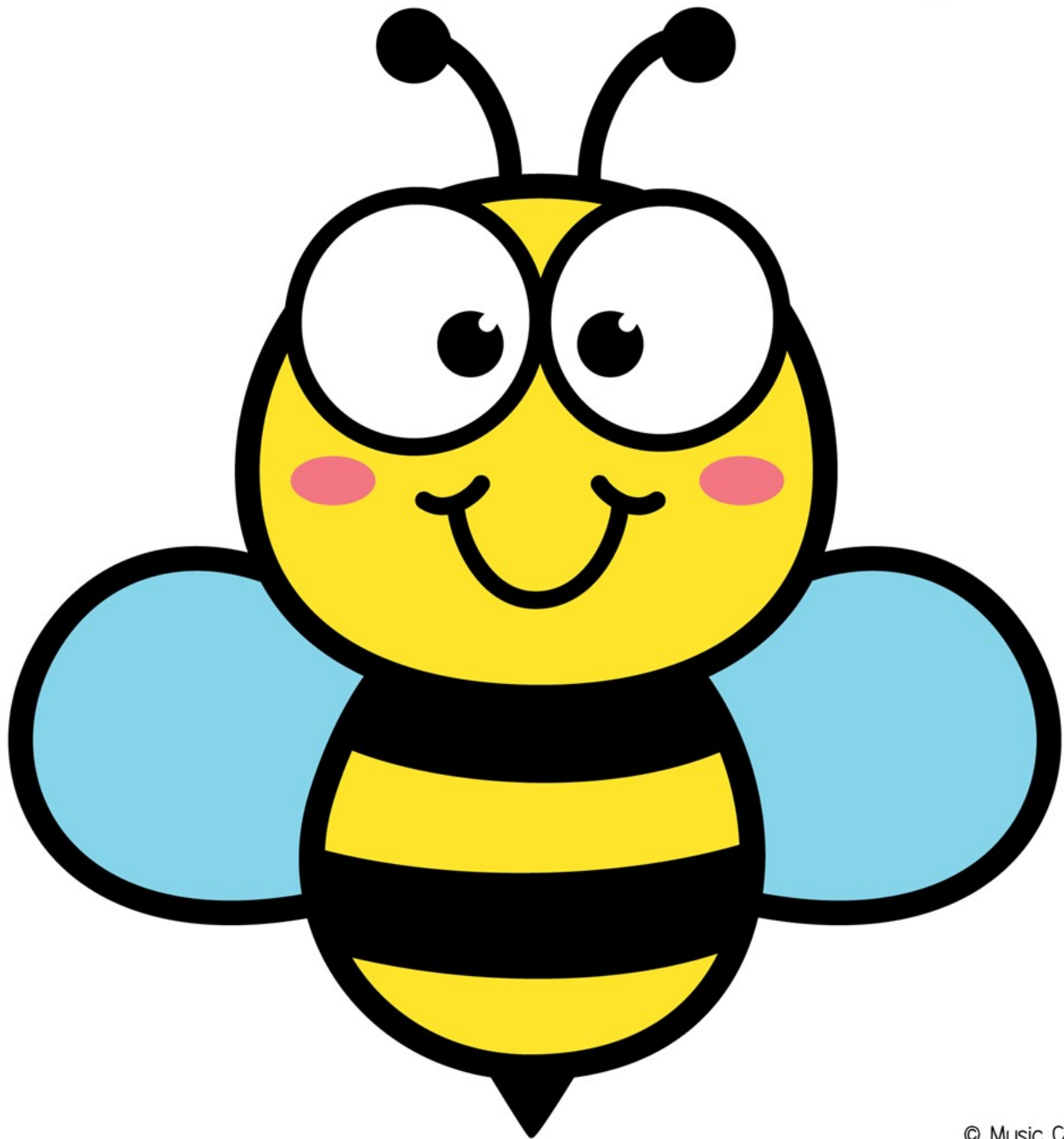
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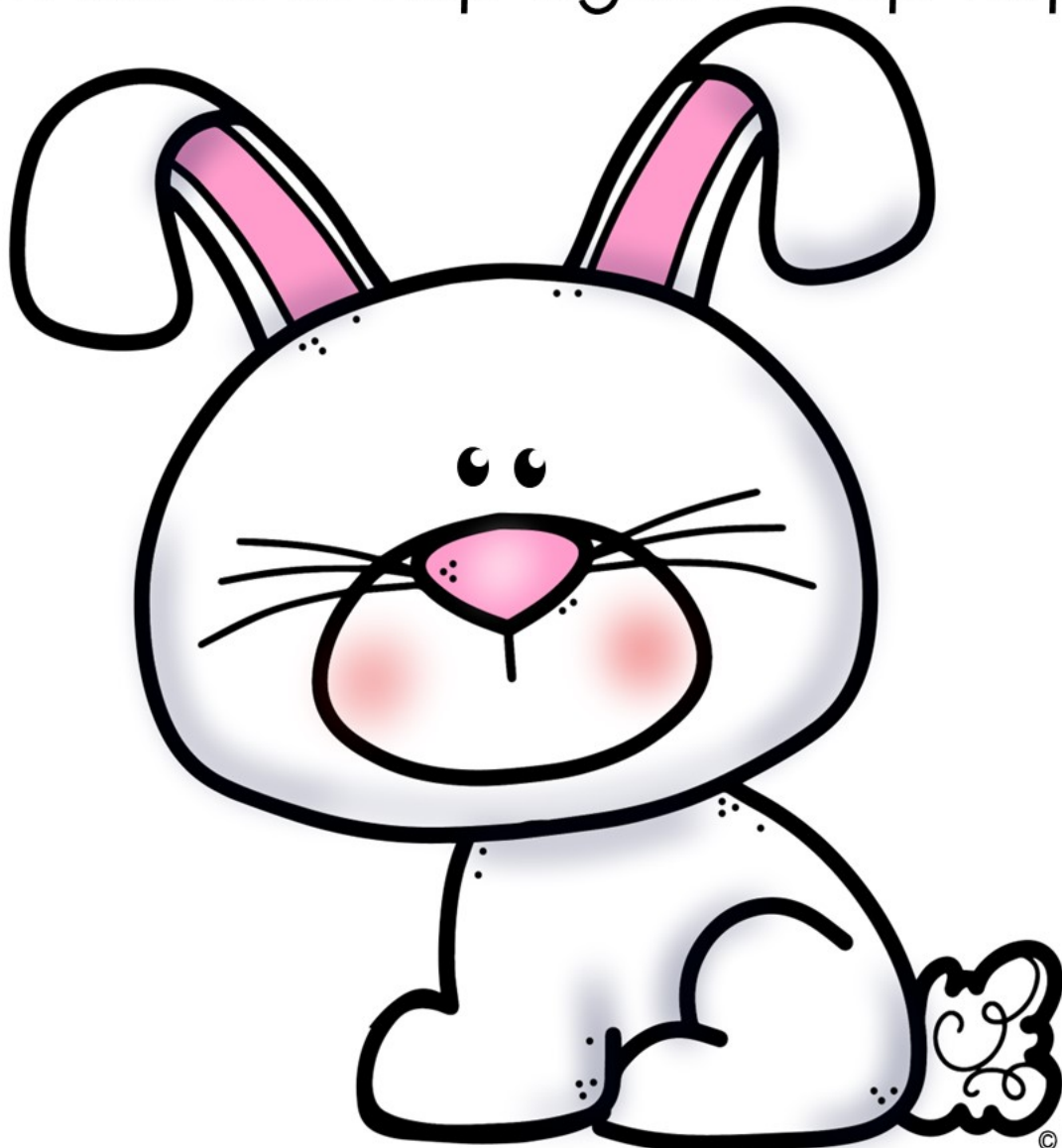
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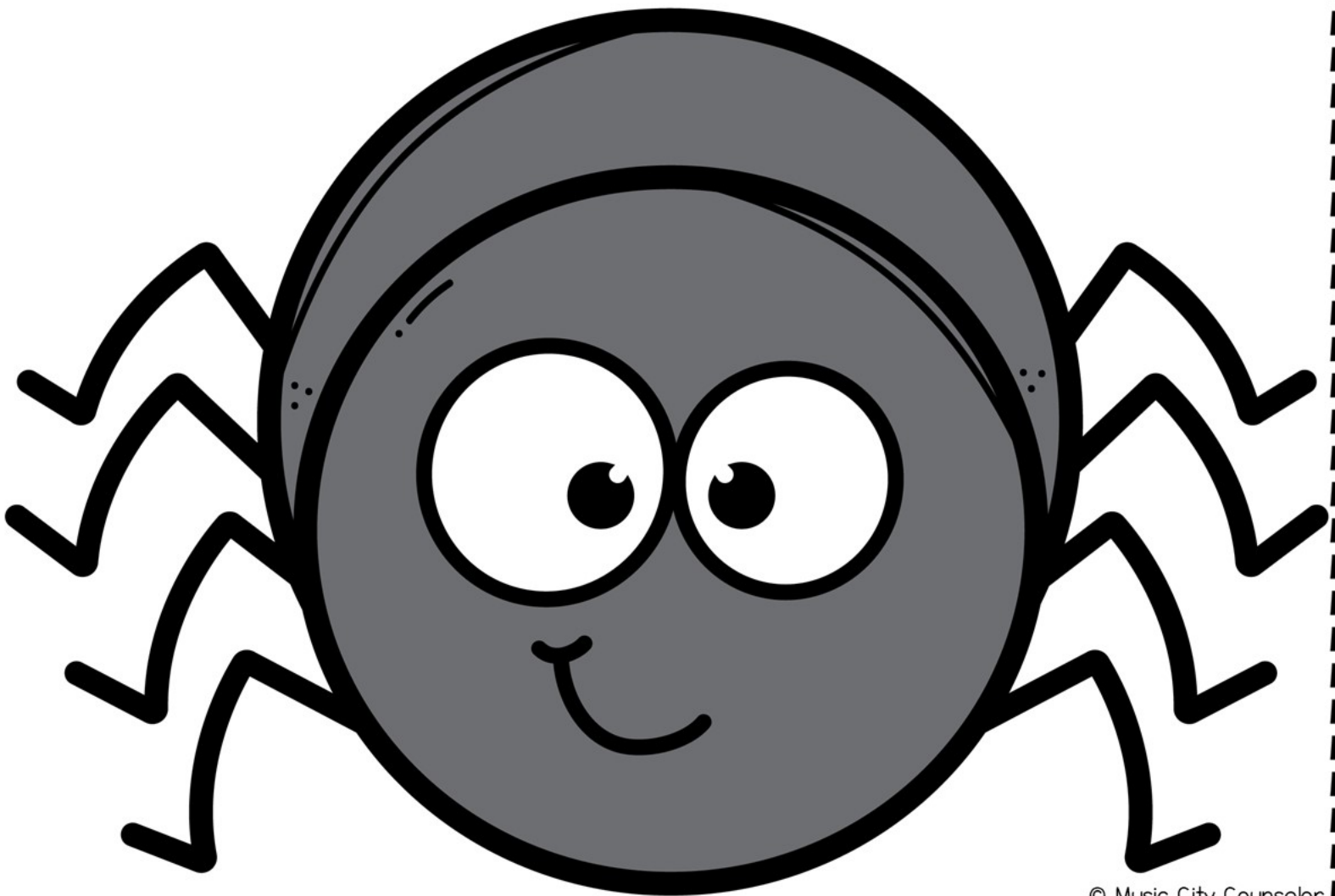
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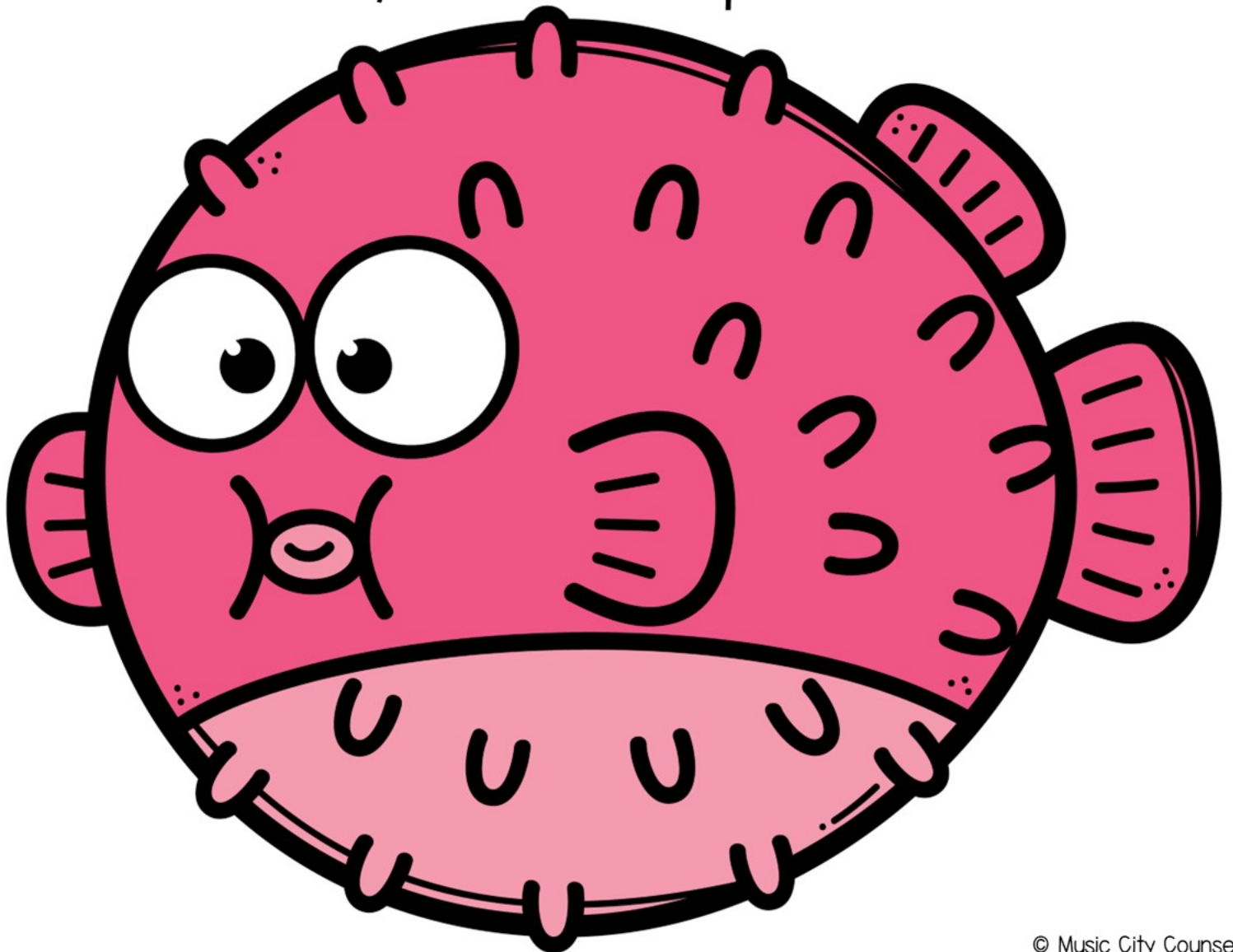
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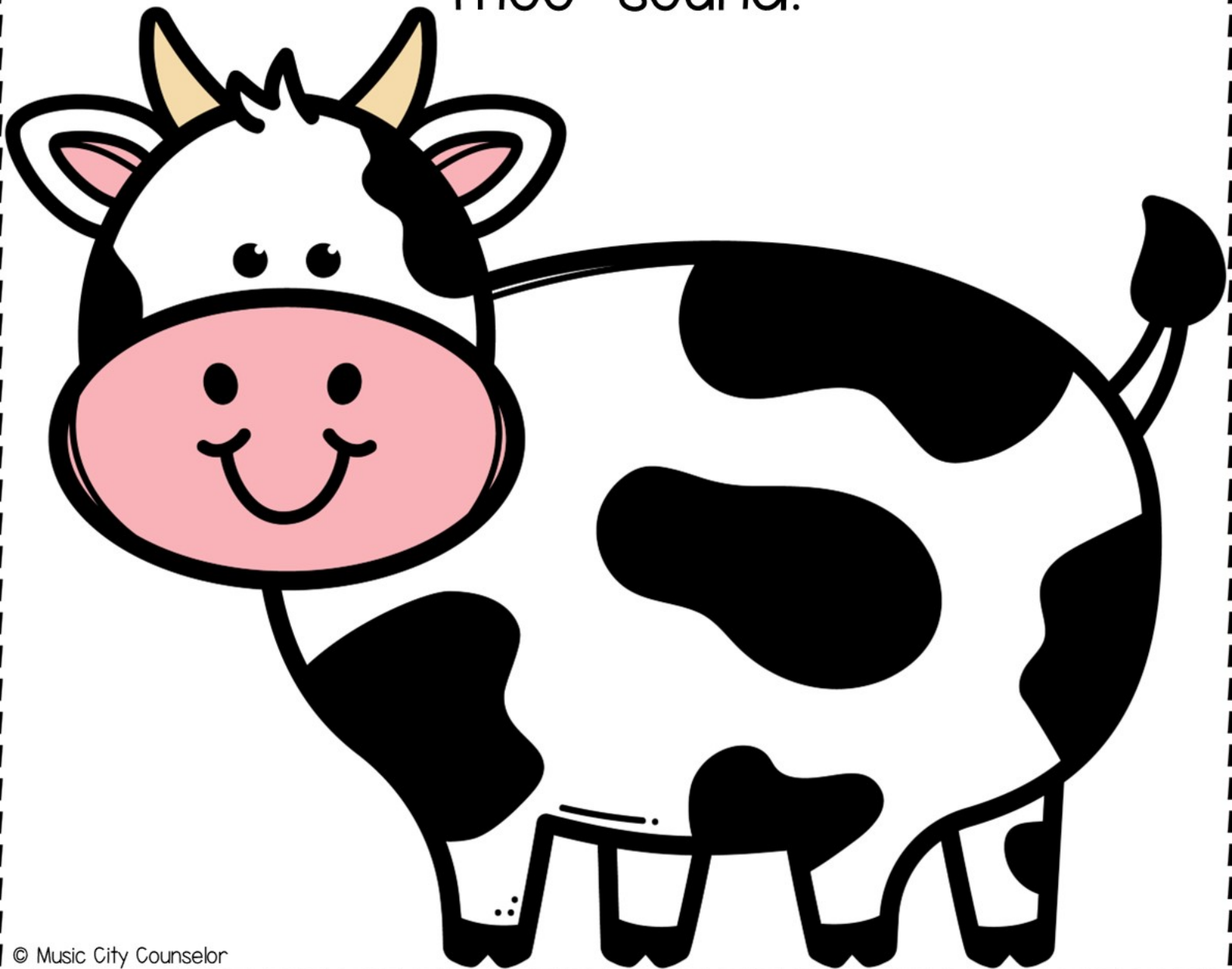
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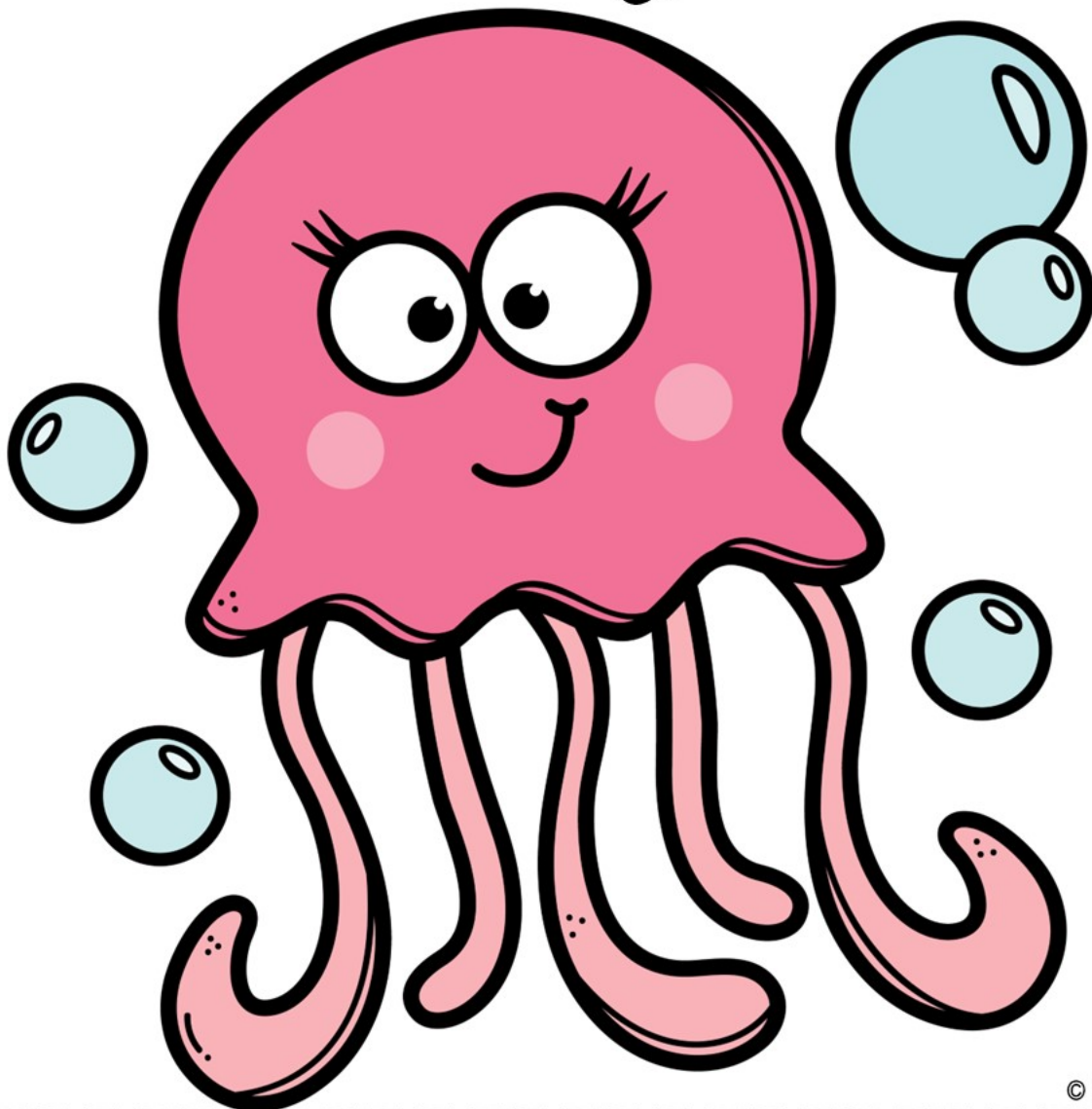
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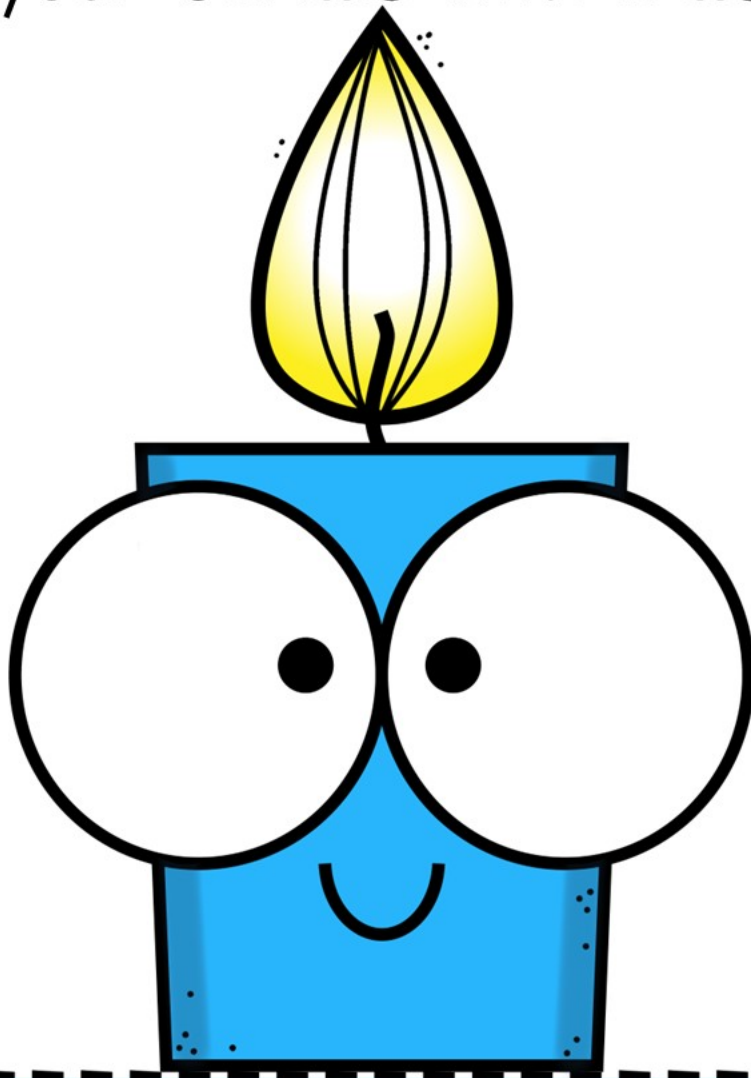
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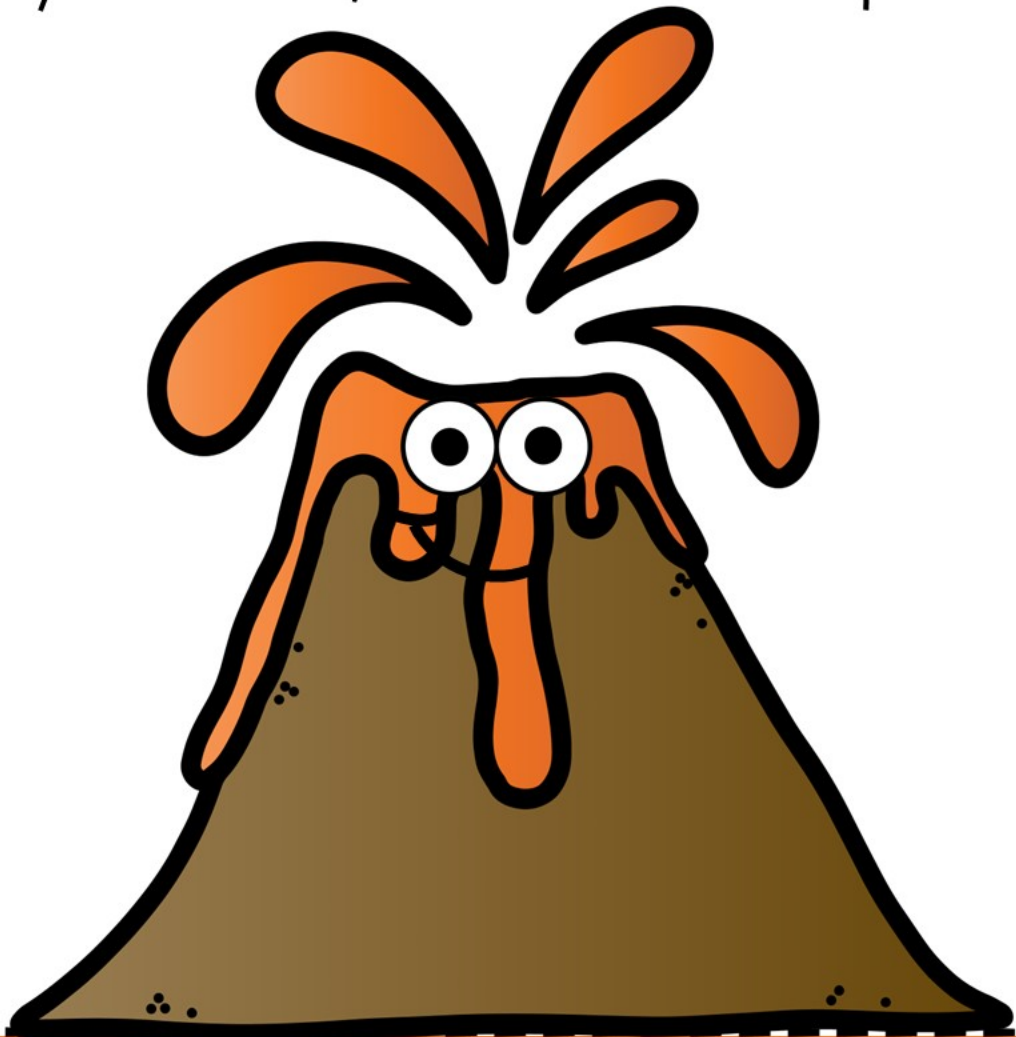
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Pretend that your pointer finger is a lit candle with your favorite scent. "Smell" the candle and take a deep breath in. Then, "blow" out your candle with a deep breath.



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Pretend that your hands and arms are hot lava exploding from a volcano. Clasp your hands together and reach up to the sky. Take a deep breath in. Then, separate your hands, place your arms on your sides, and take a deep breath out.



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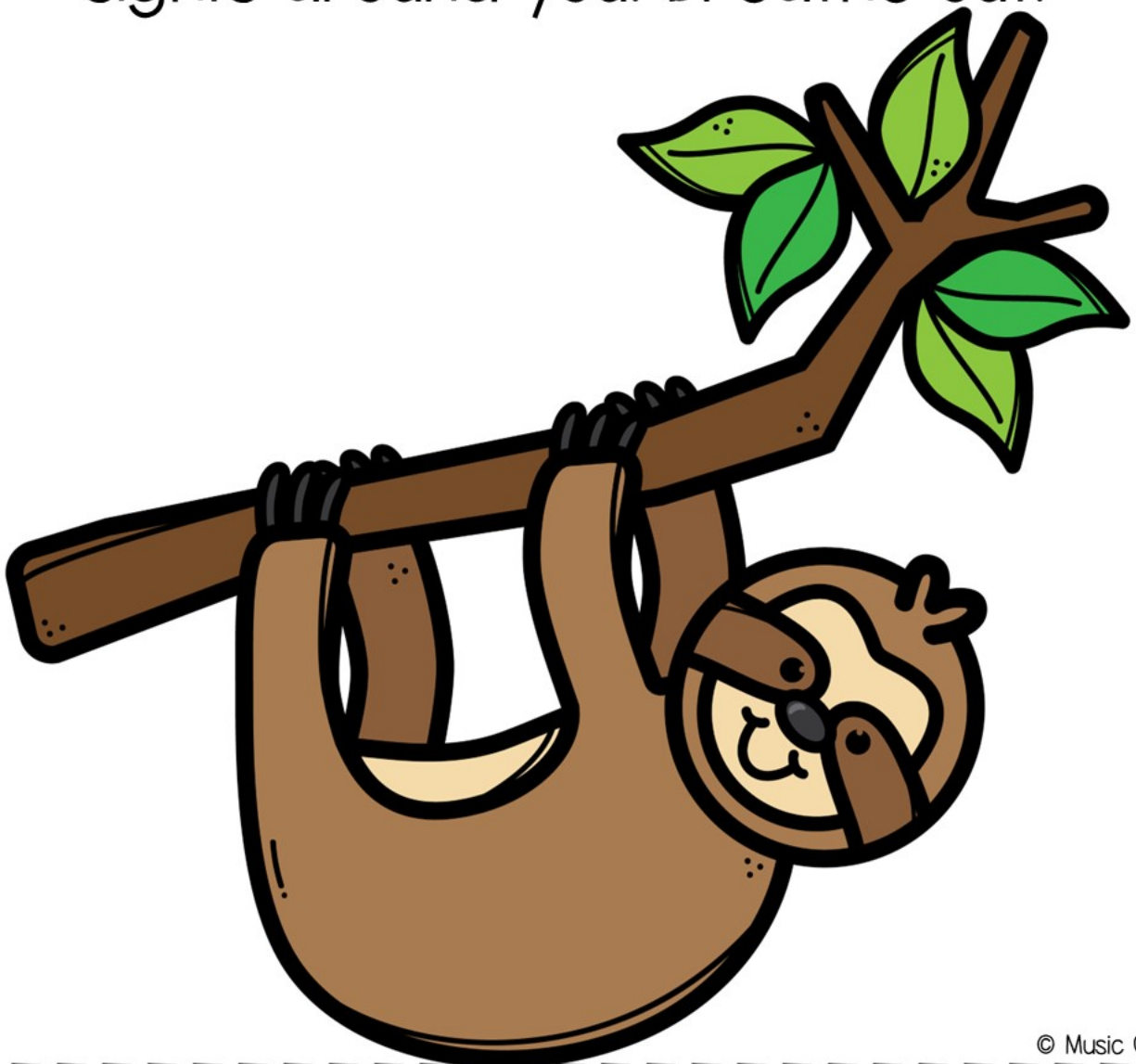
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Lion BREATHING

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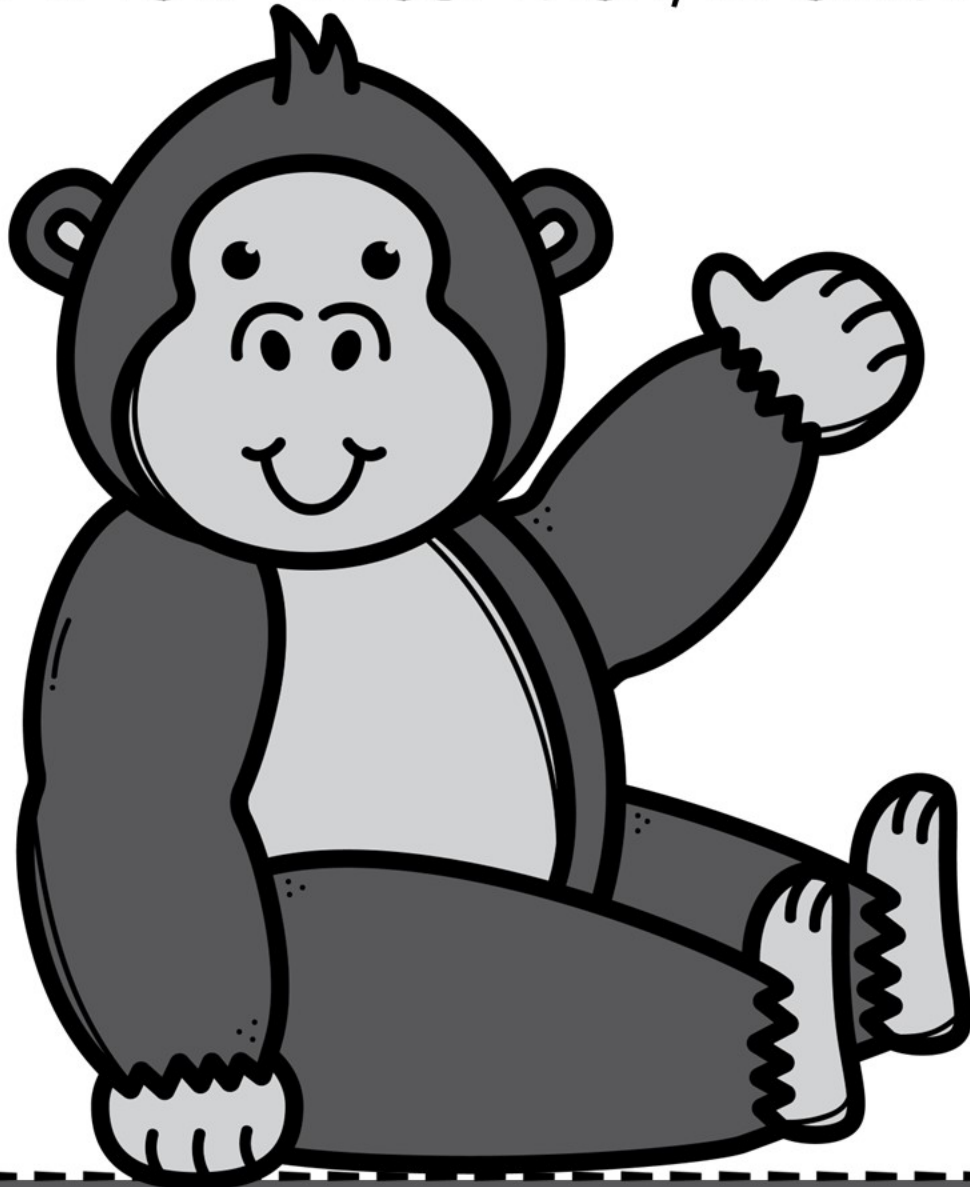
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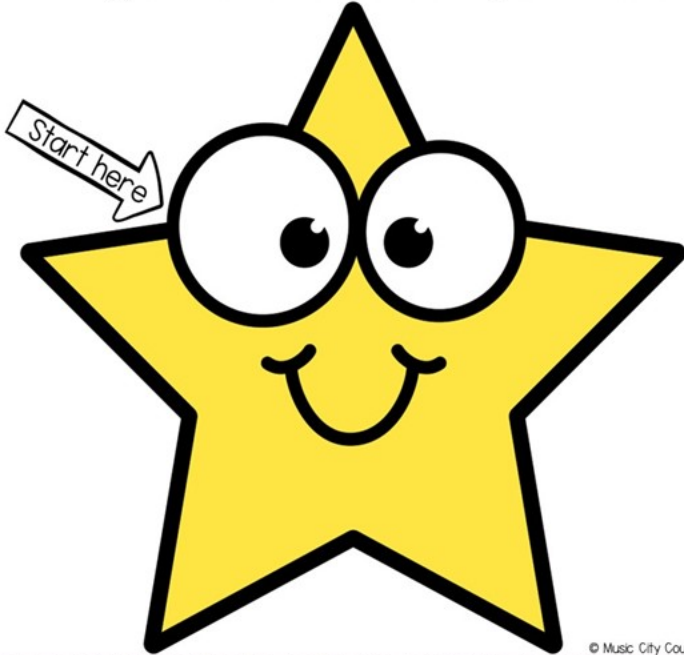
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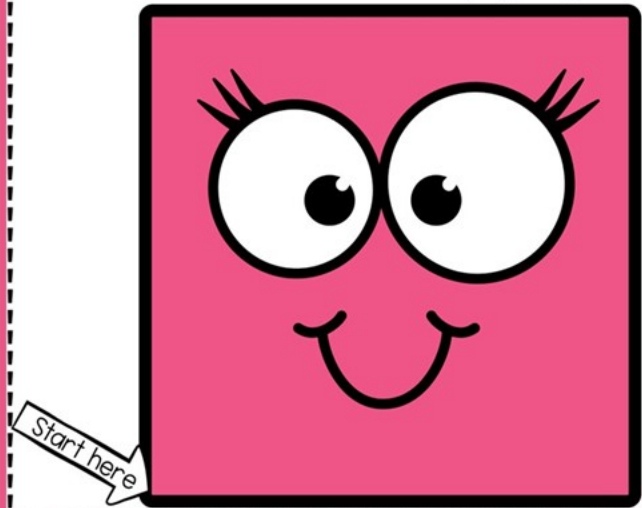
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© Music City Counselor

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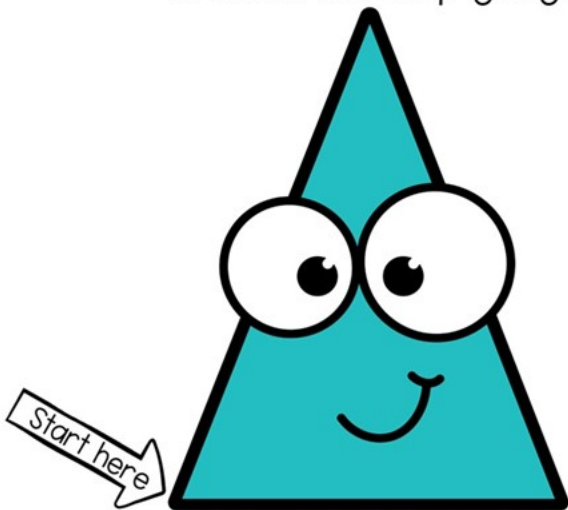
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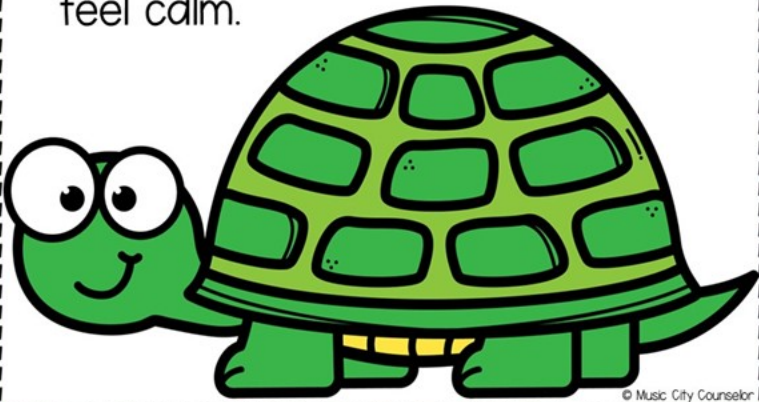


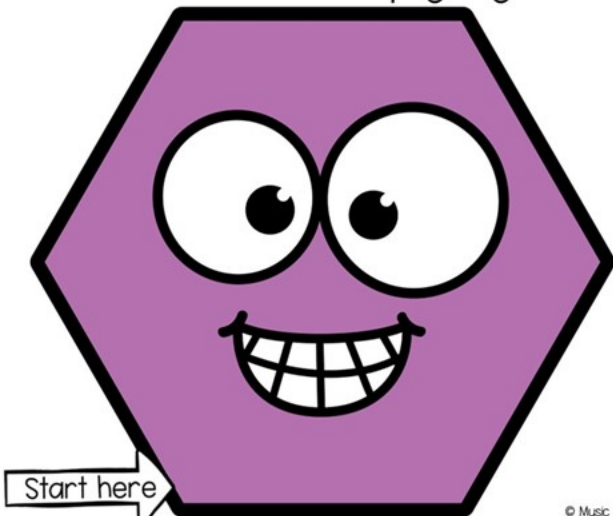
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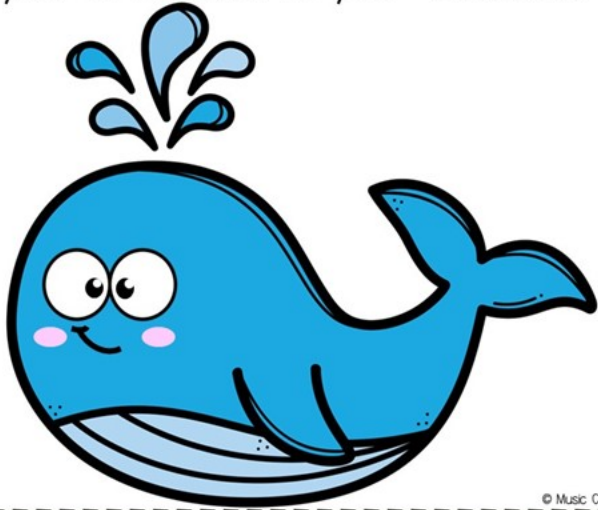
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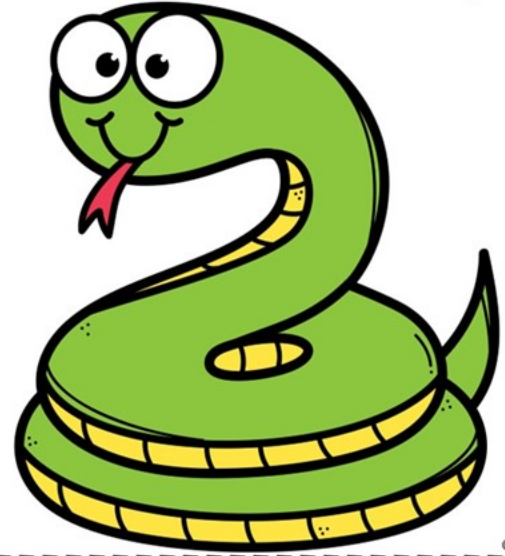
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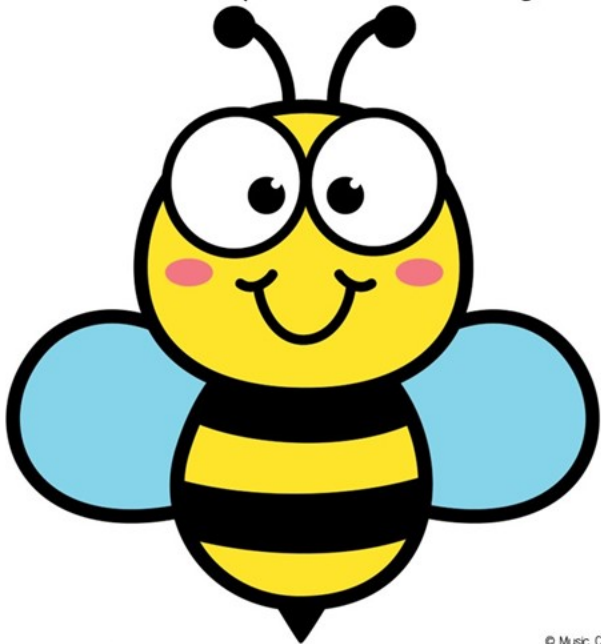
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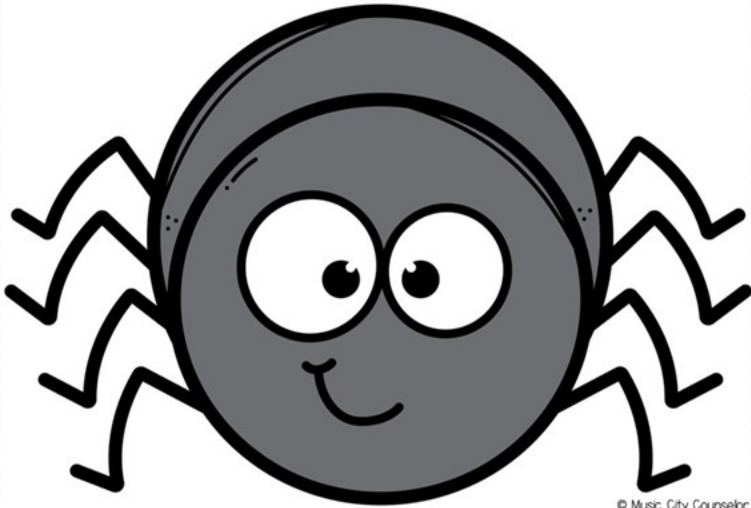
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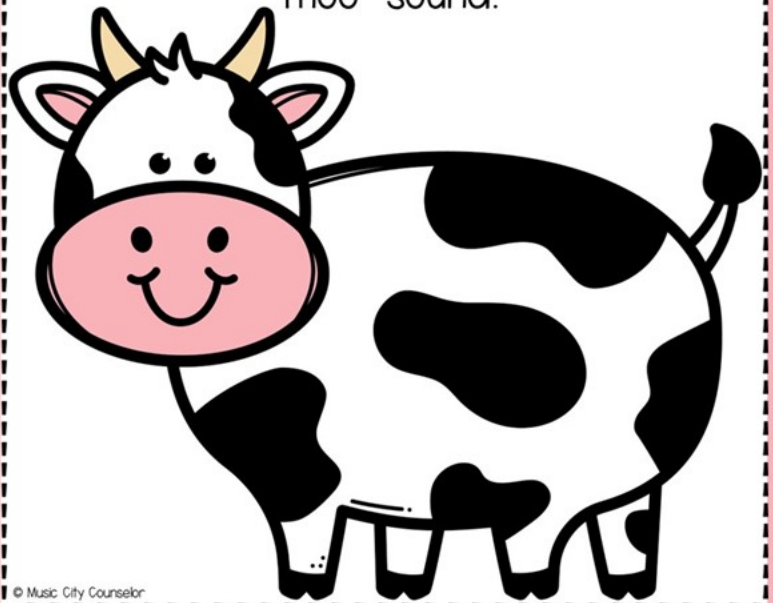
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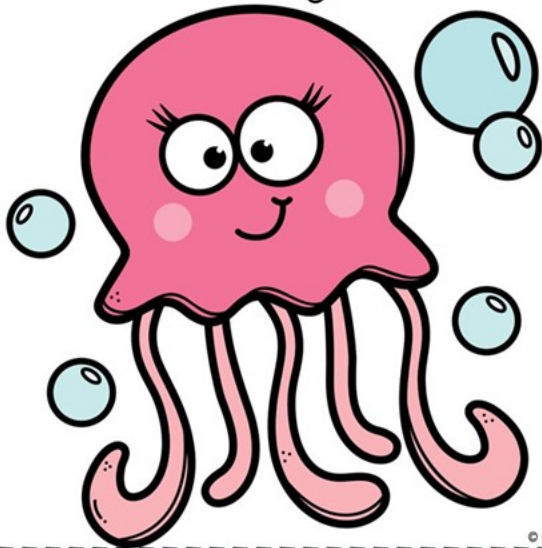
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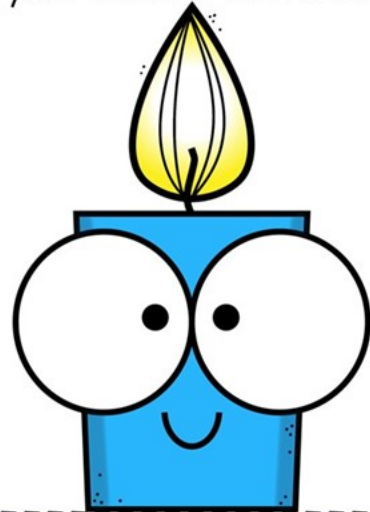
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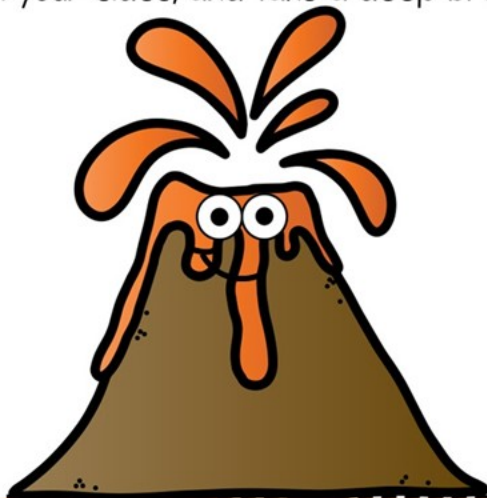
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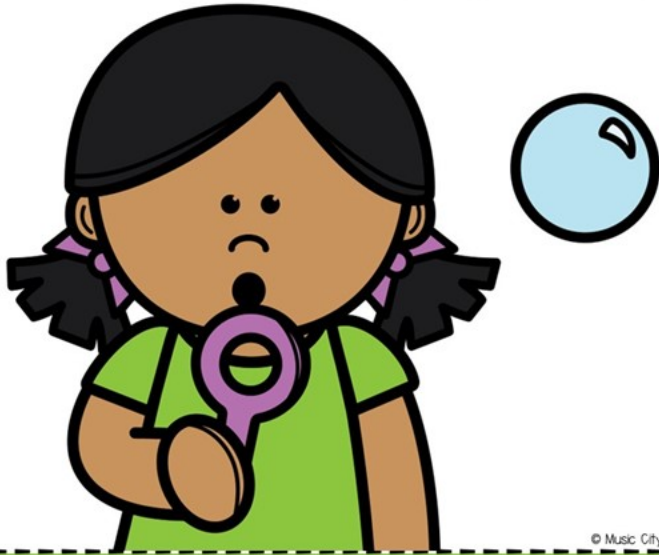
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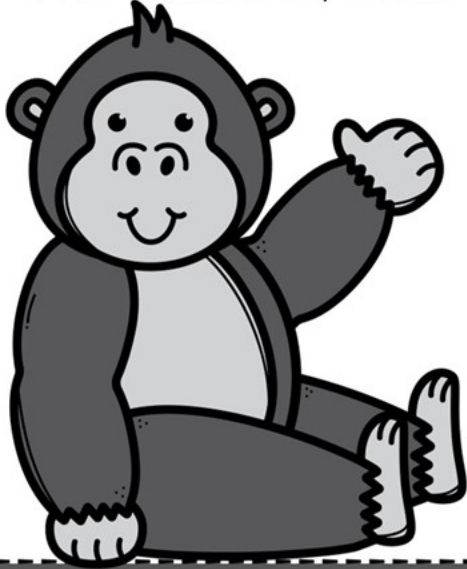
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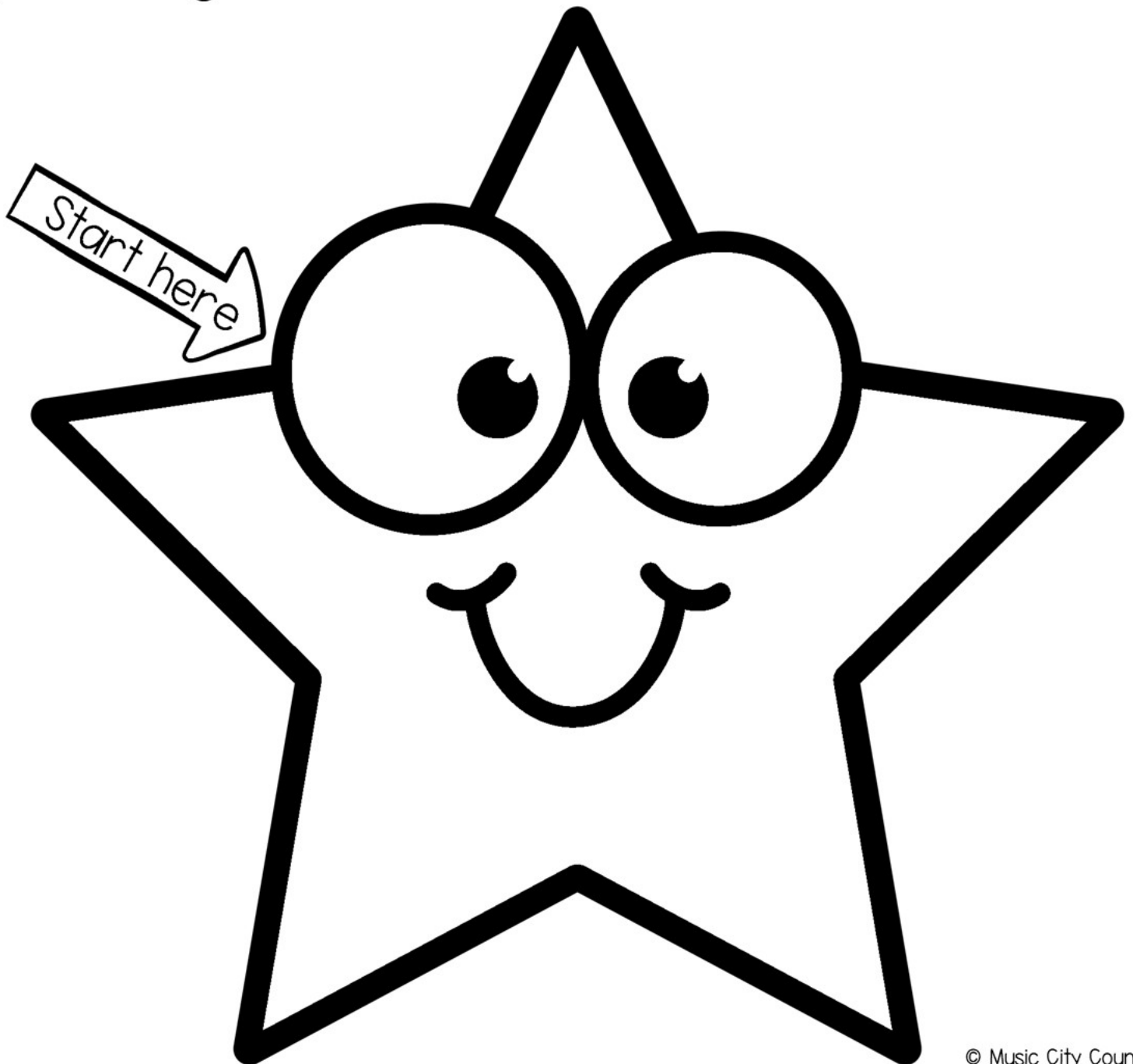


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**BLACK &
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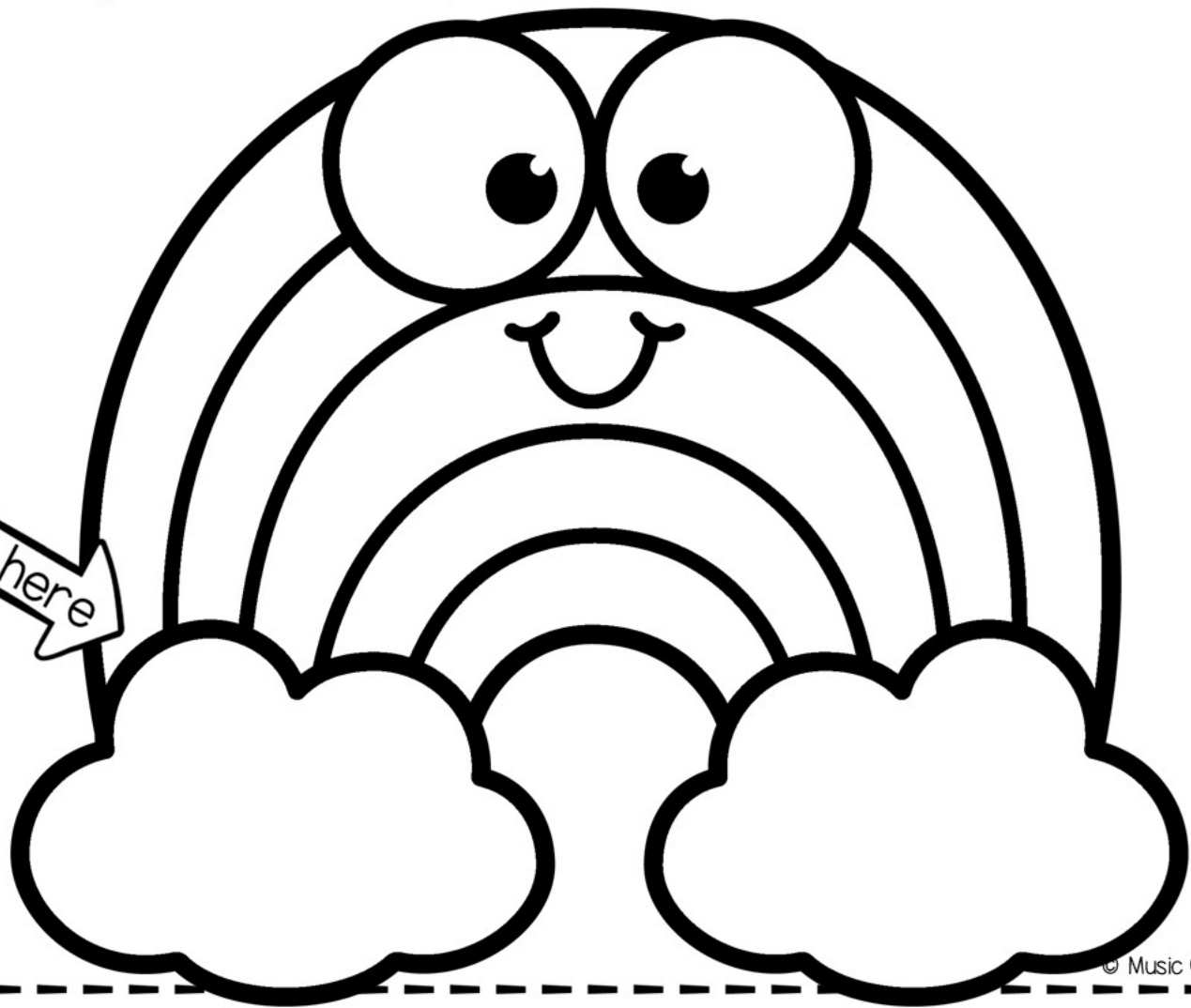
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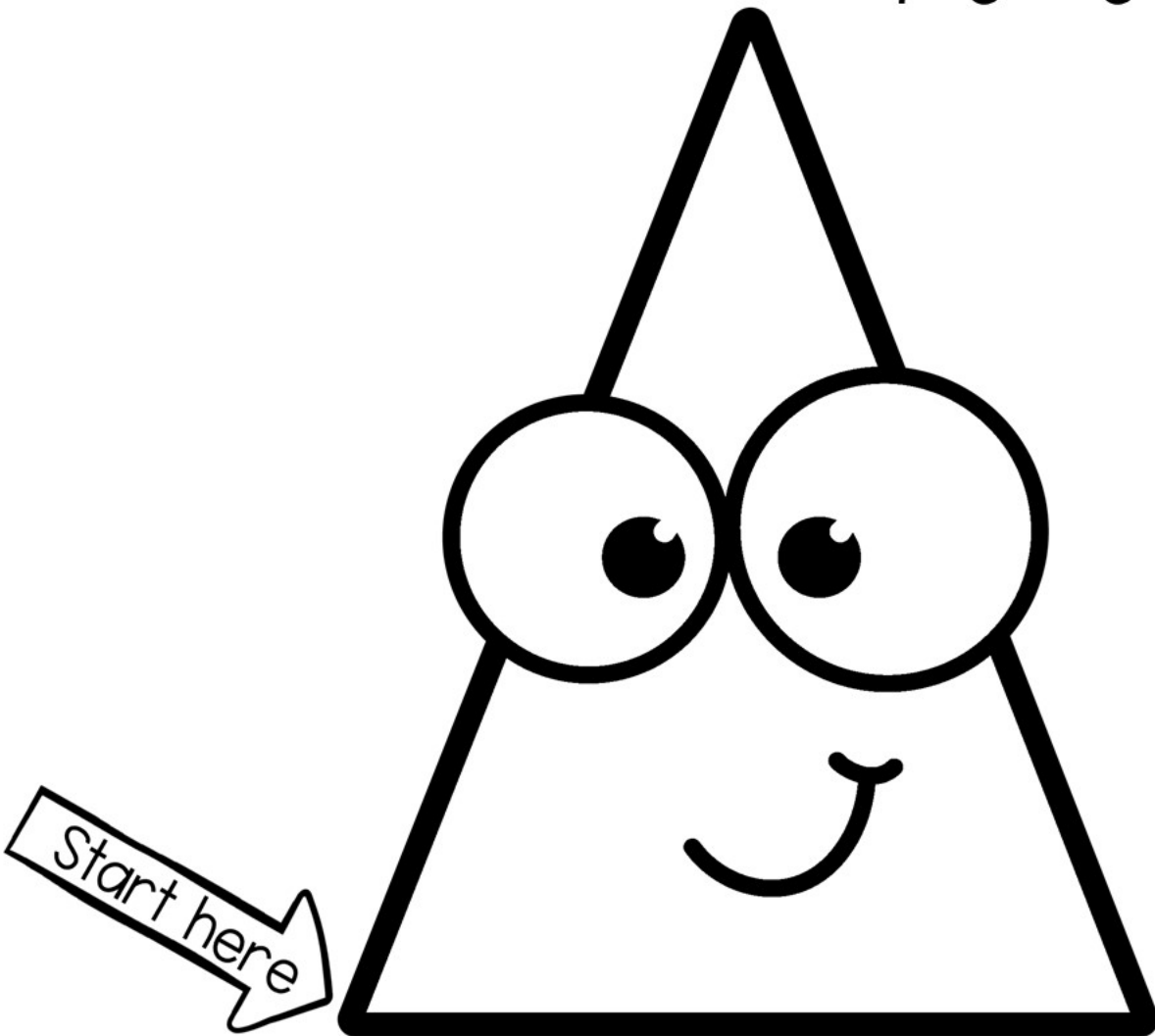
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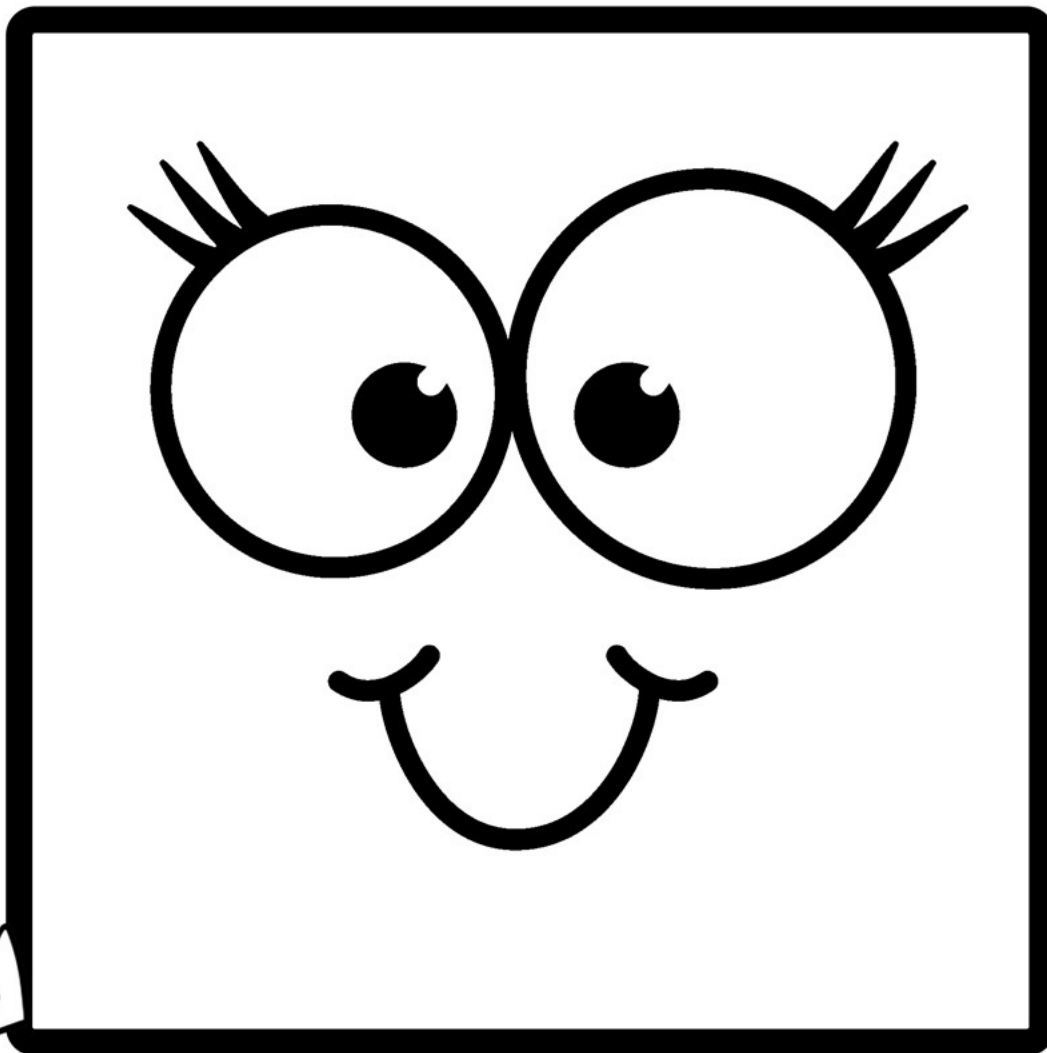
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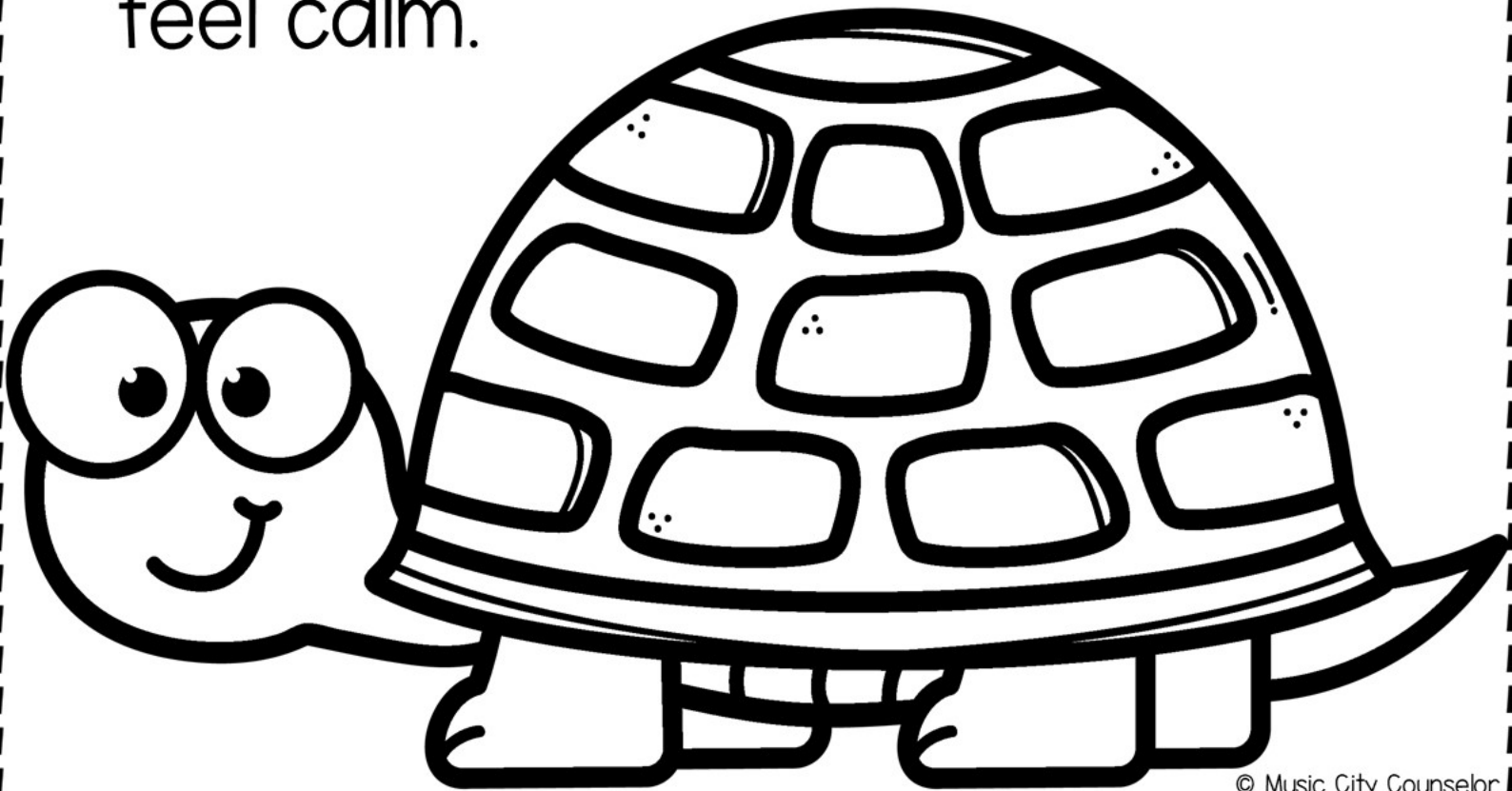
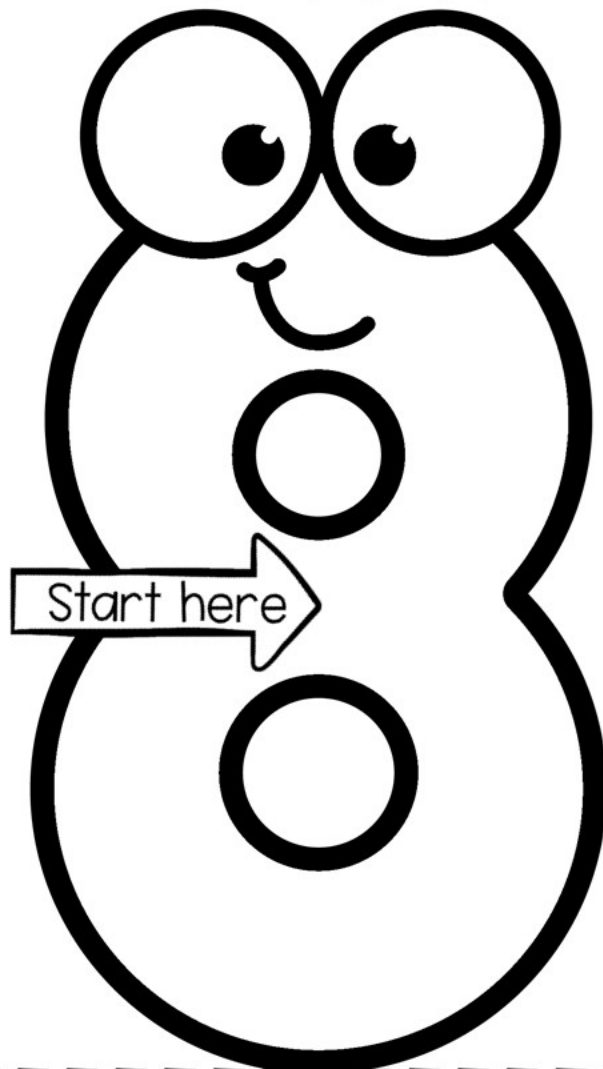


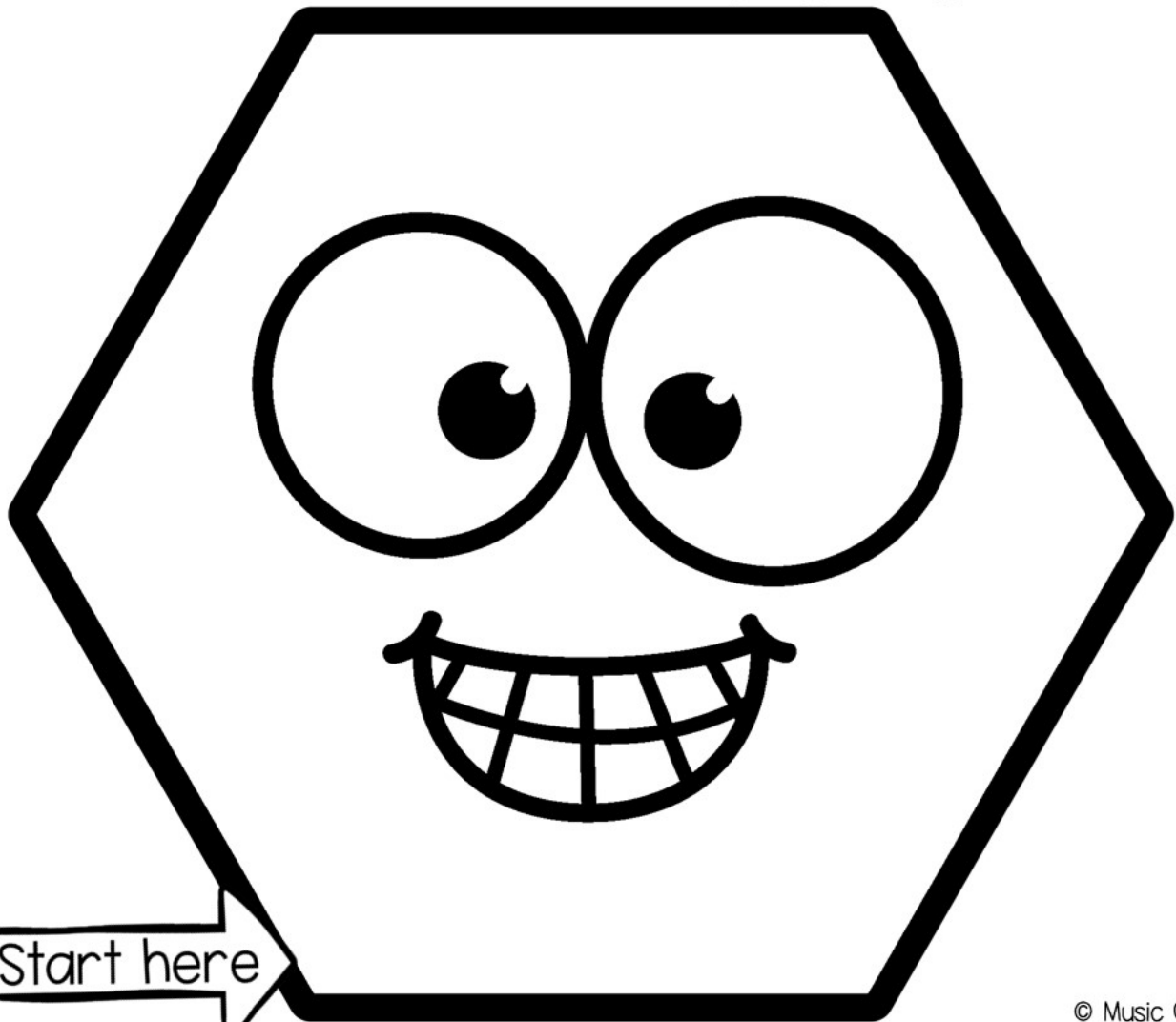
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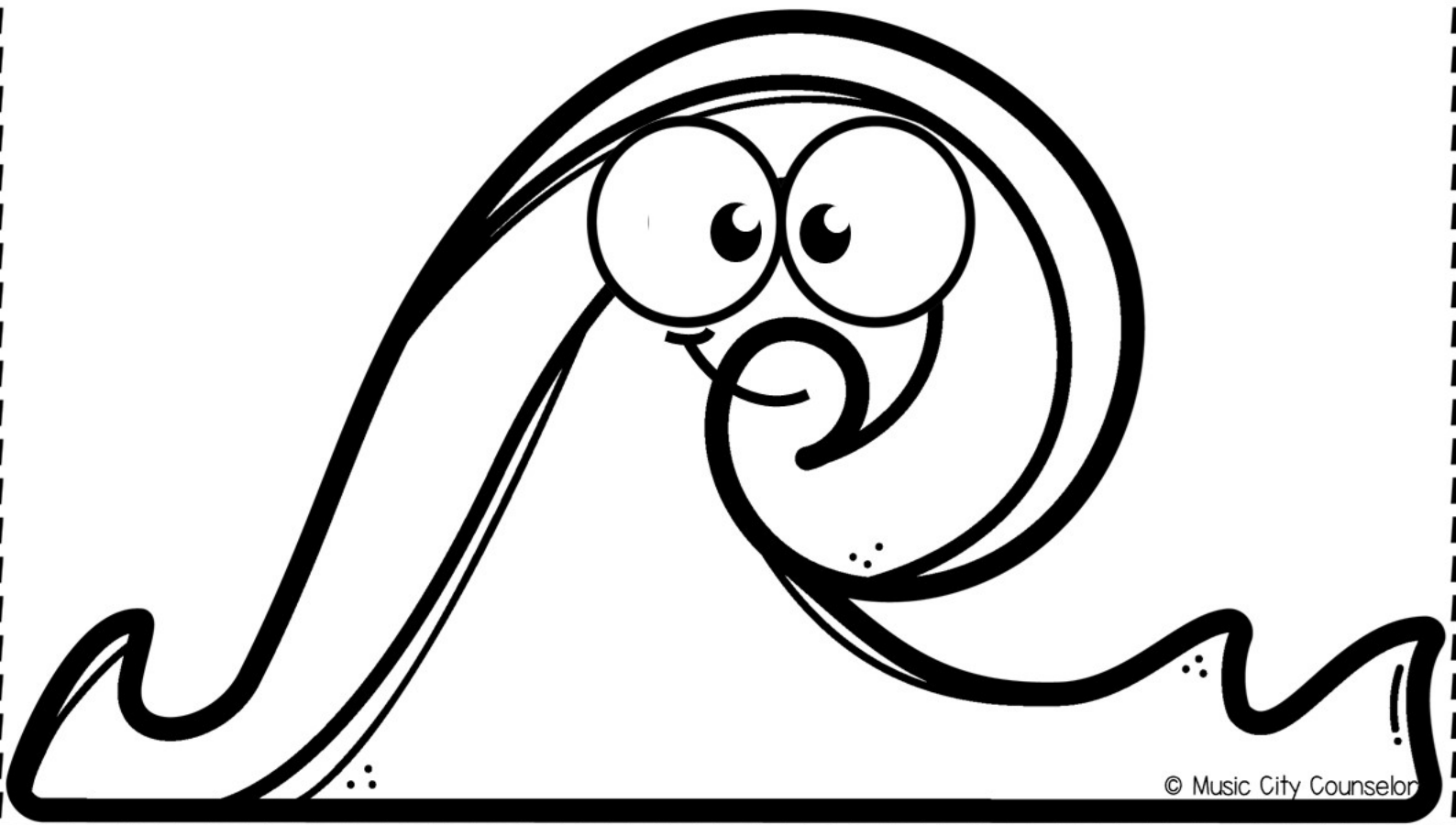
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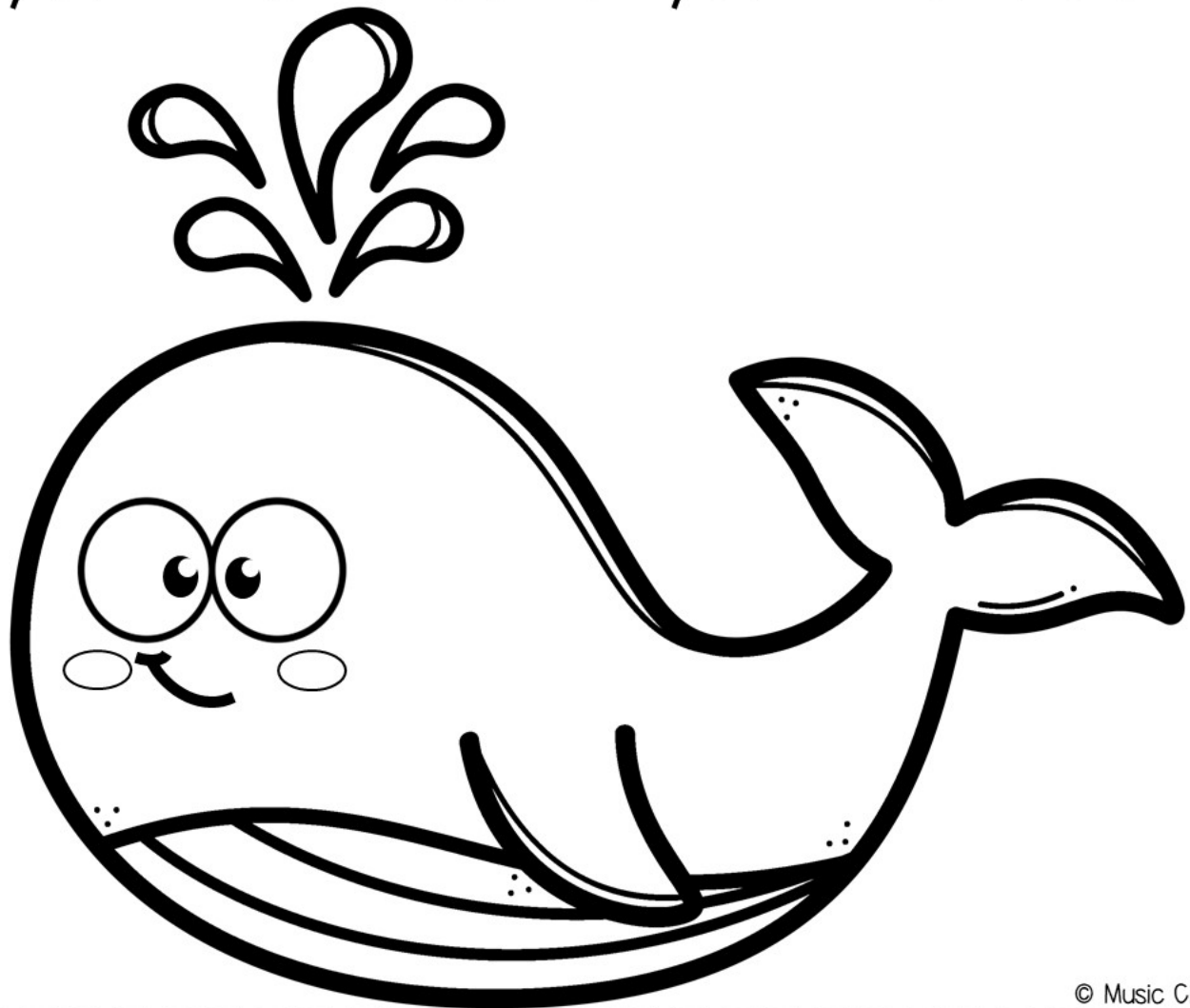
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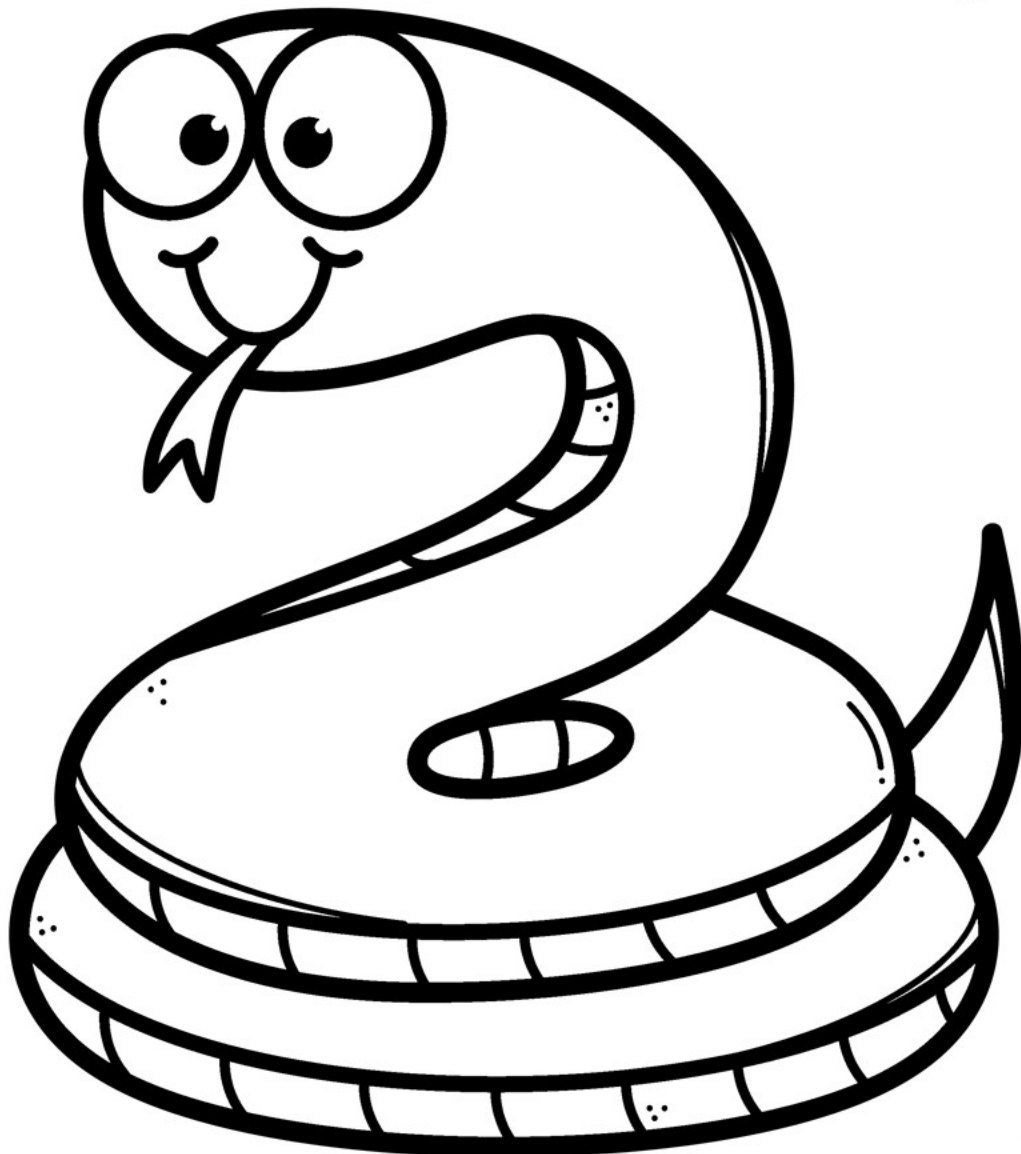
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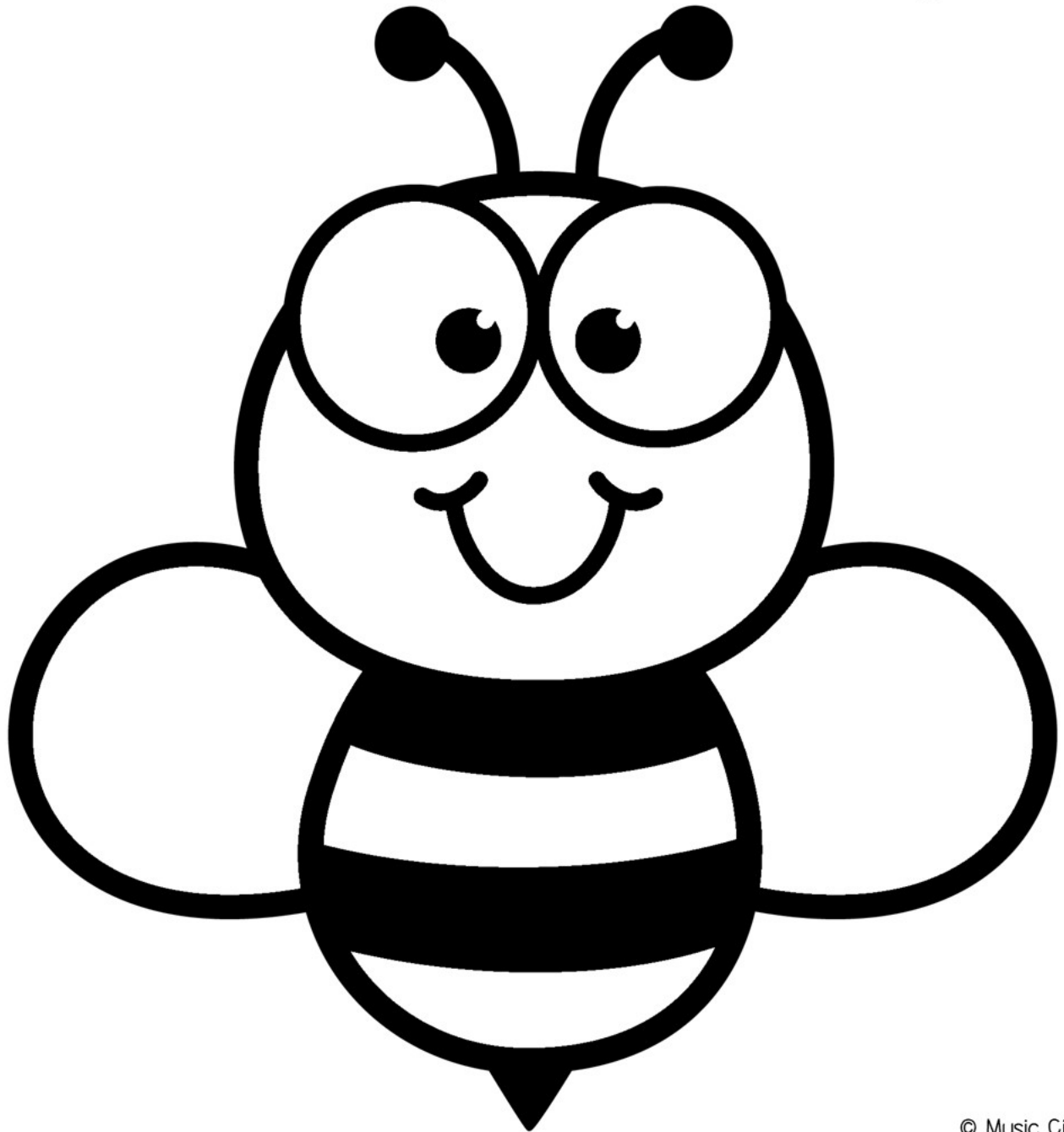
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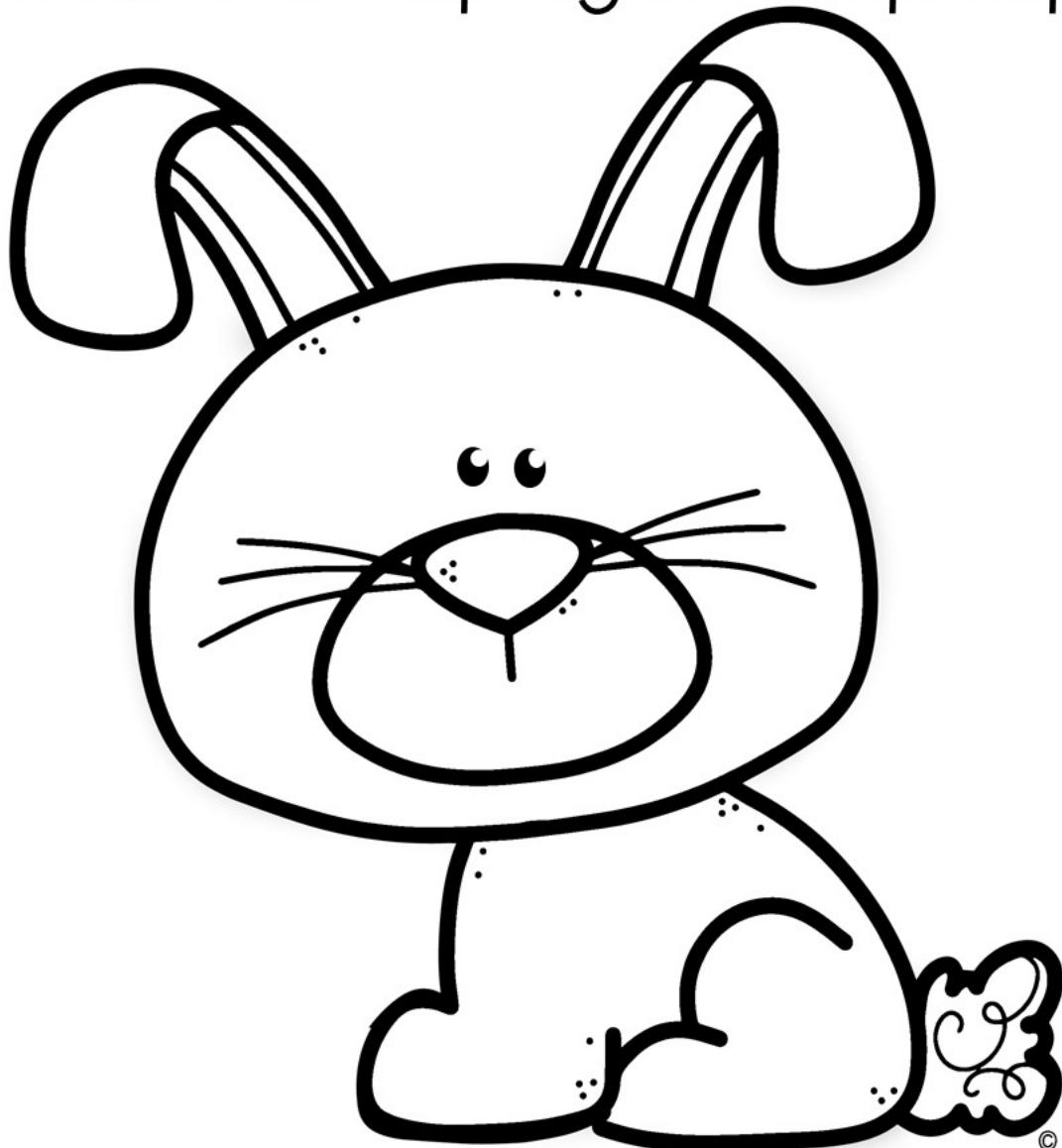
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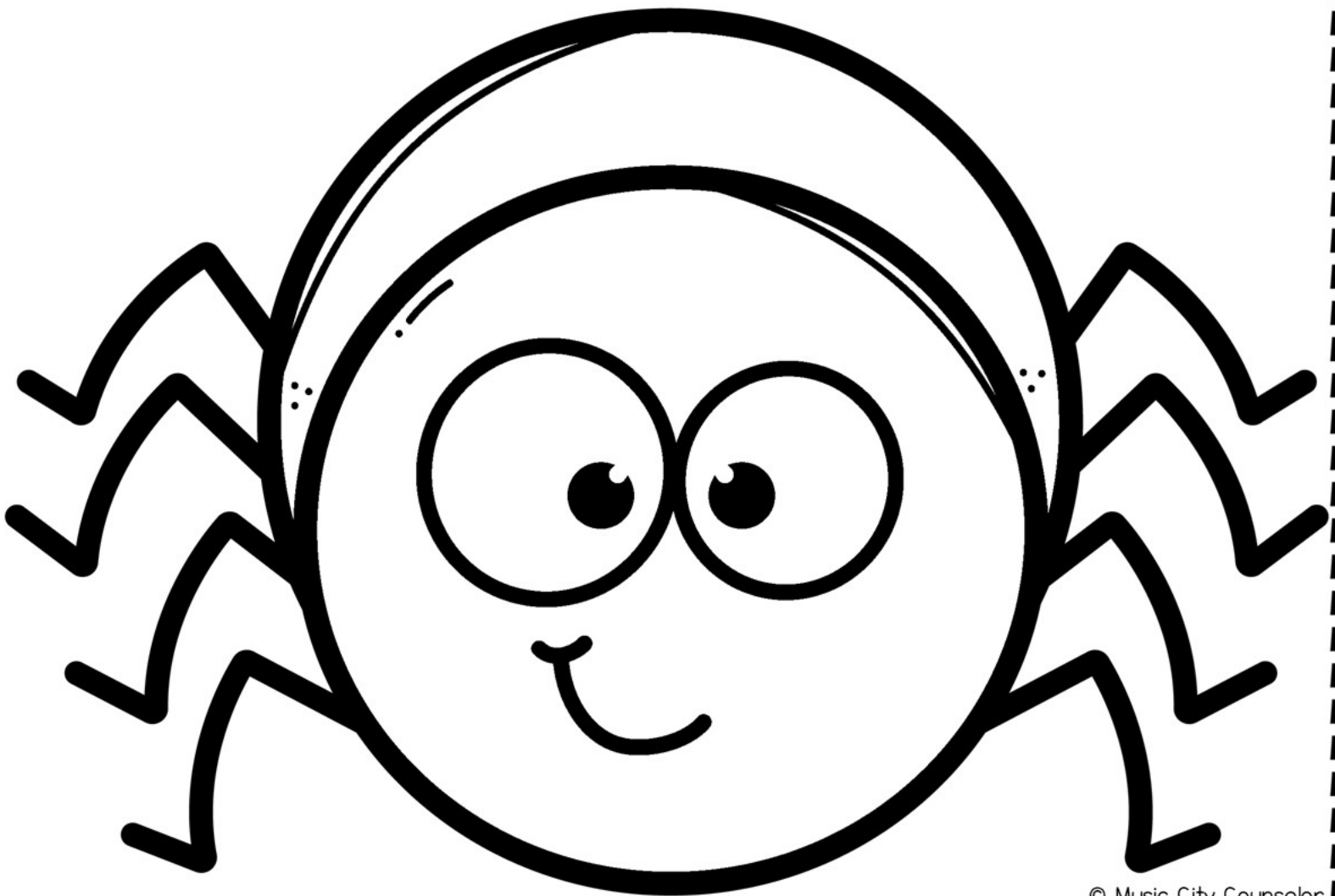
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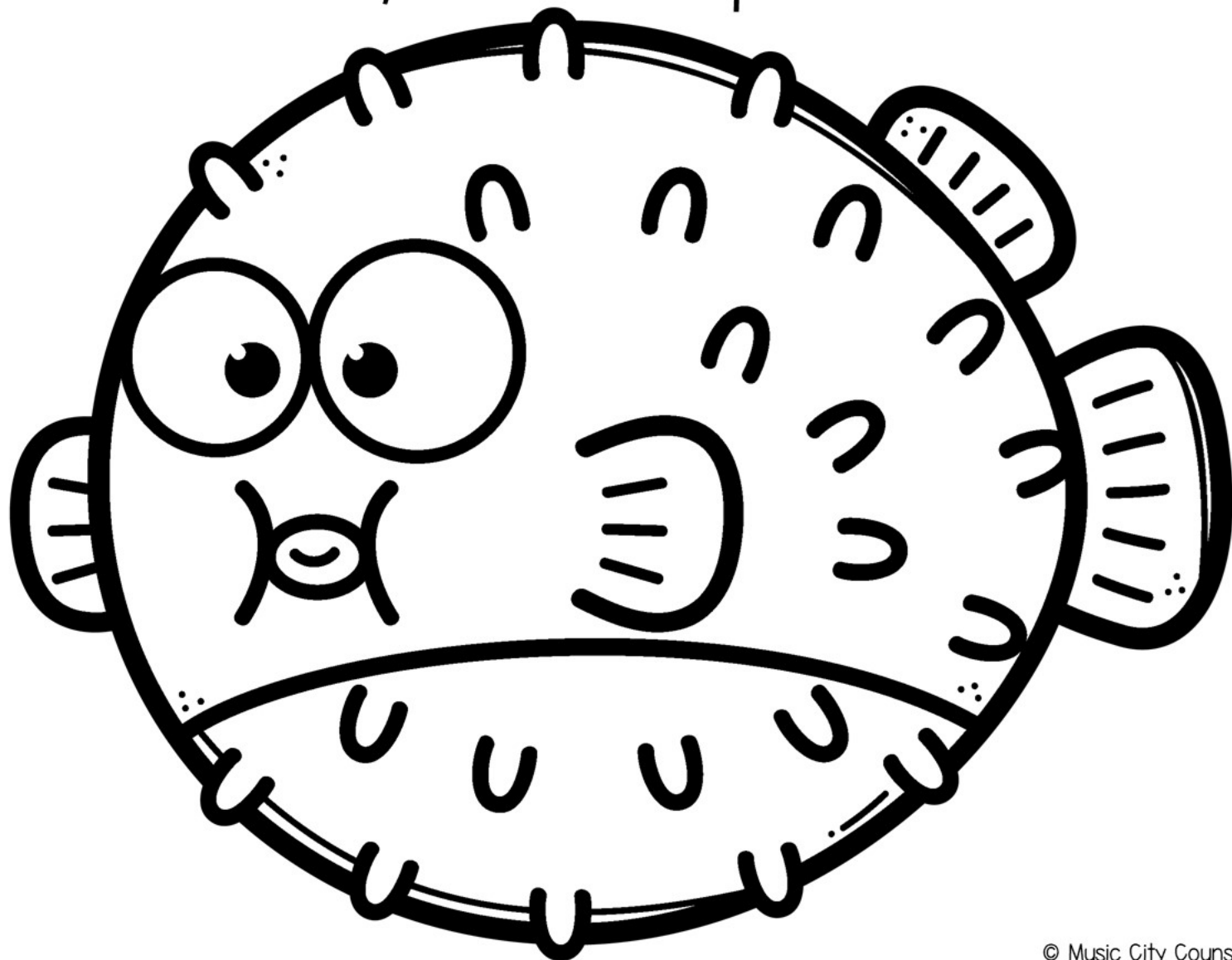
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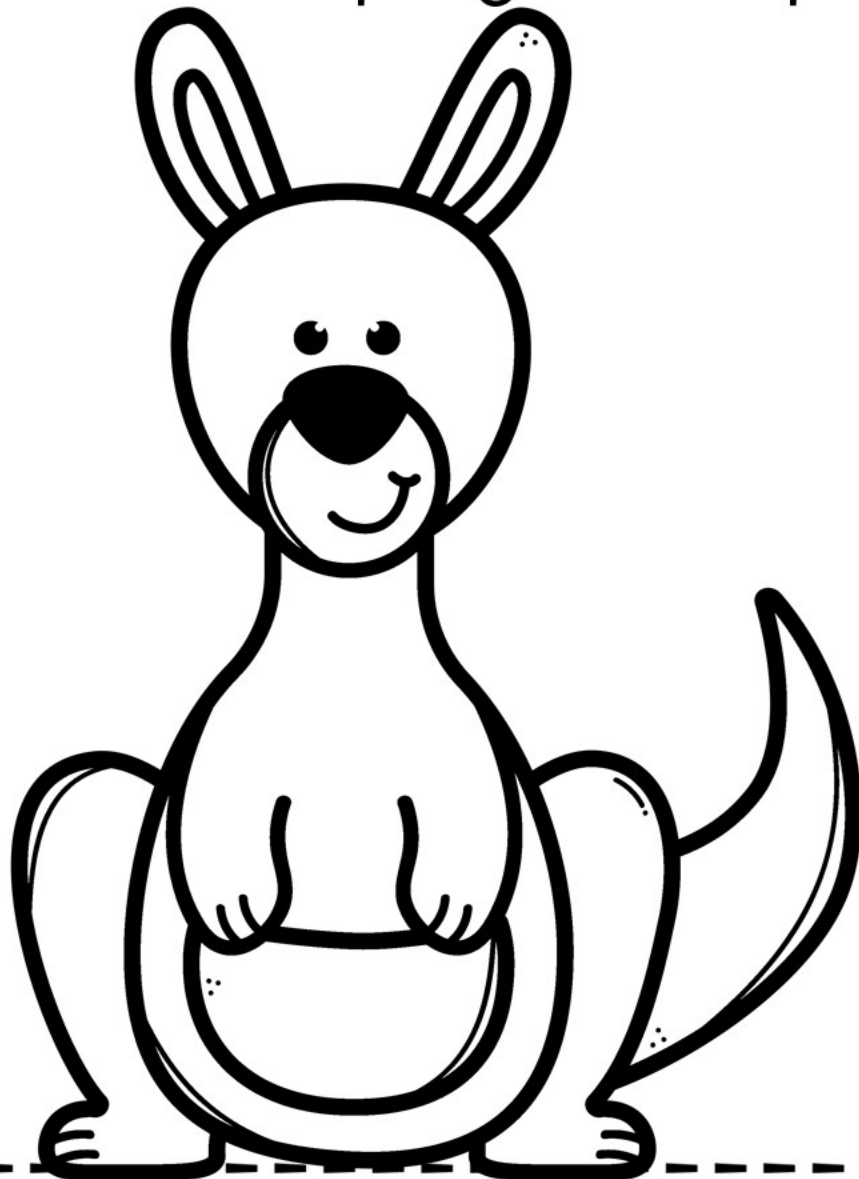
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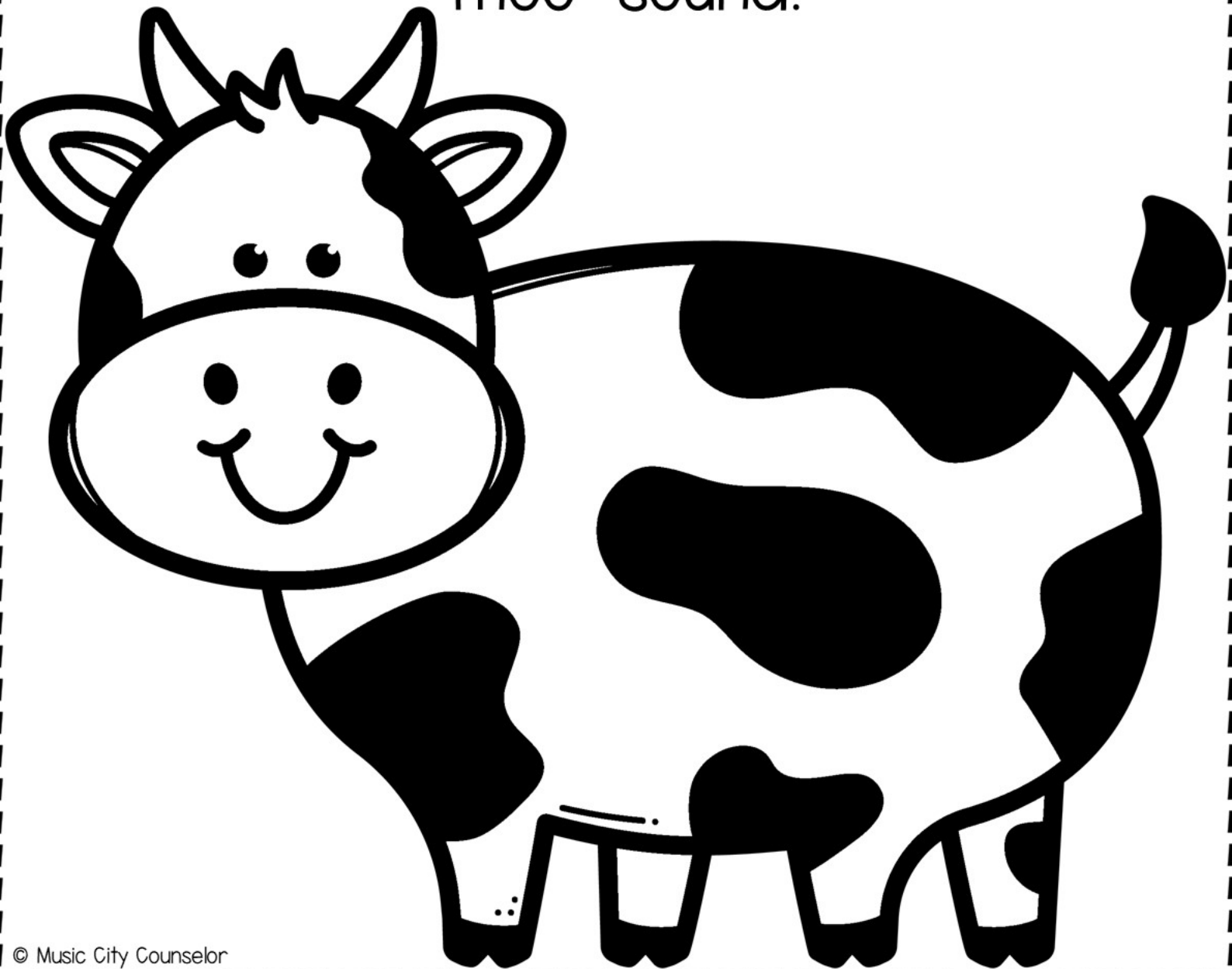
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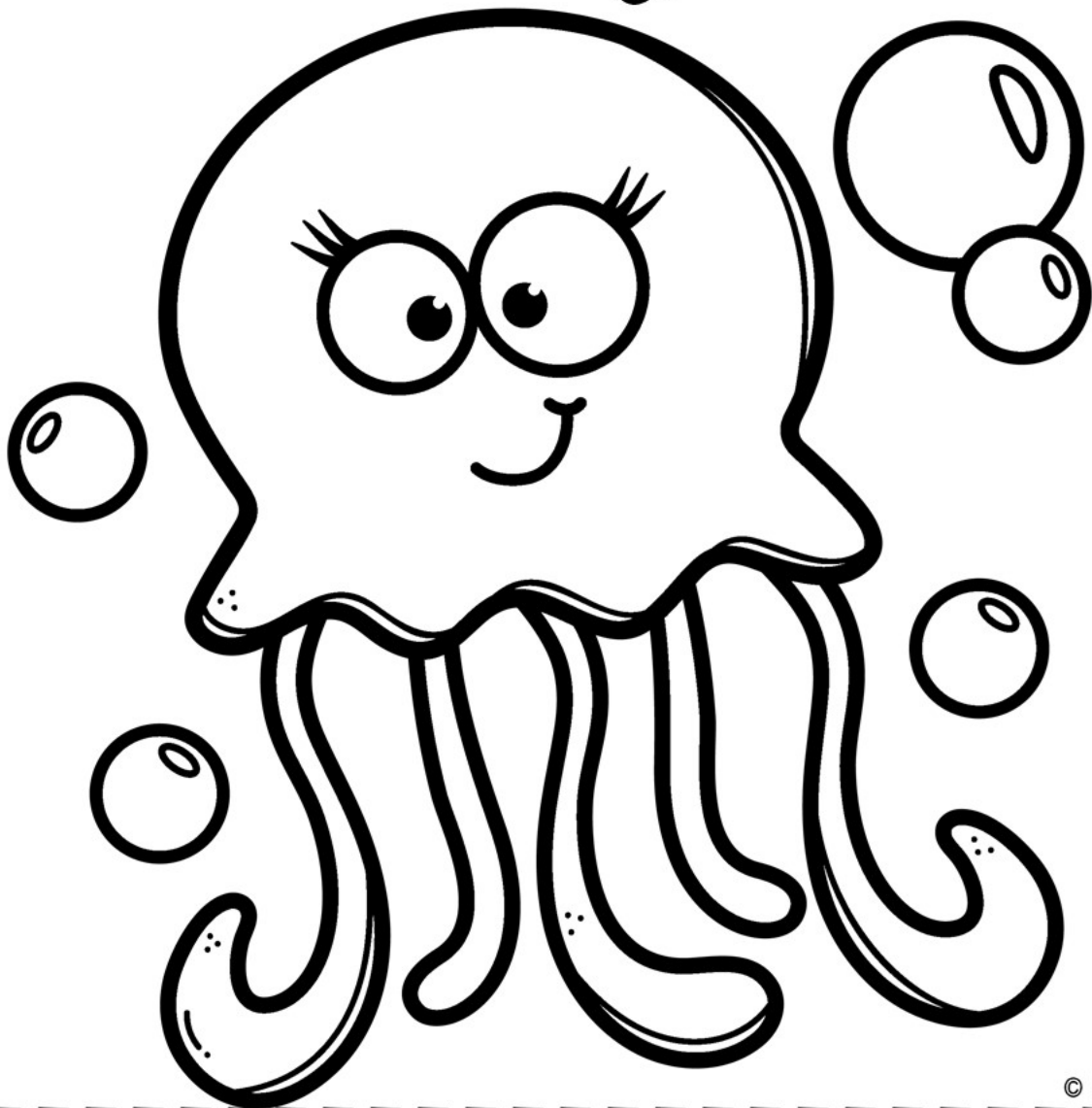
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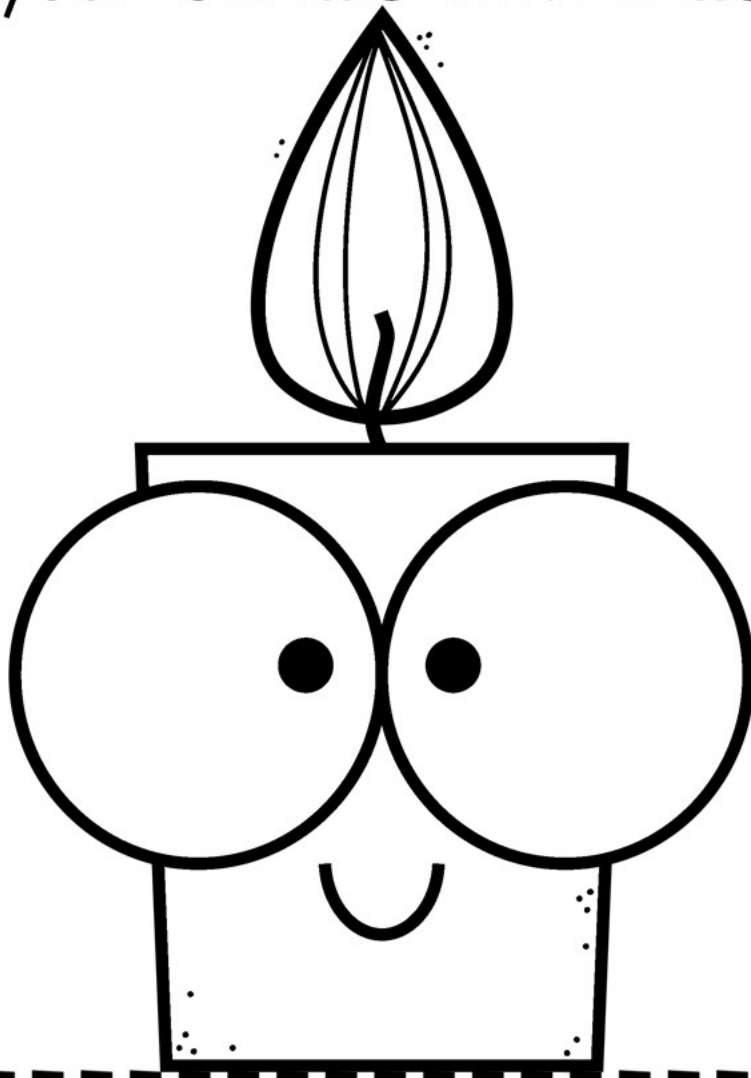
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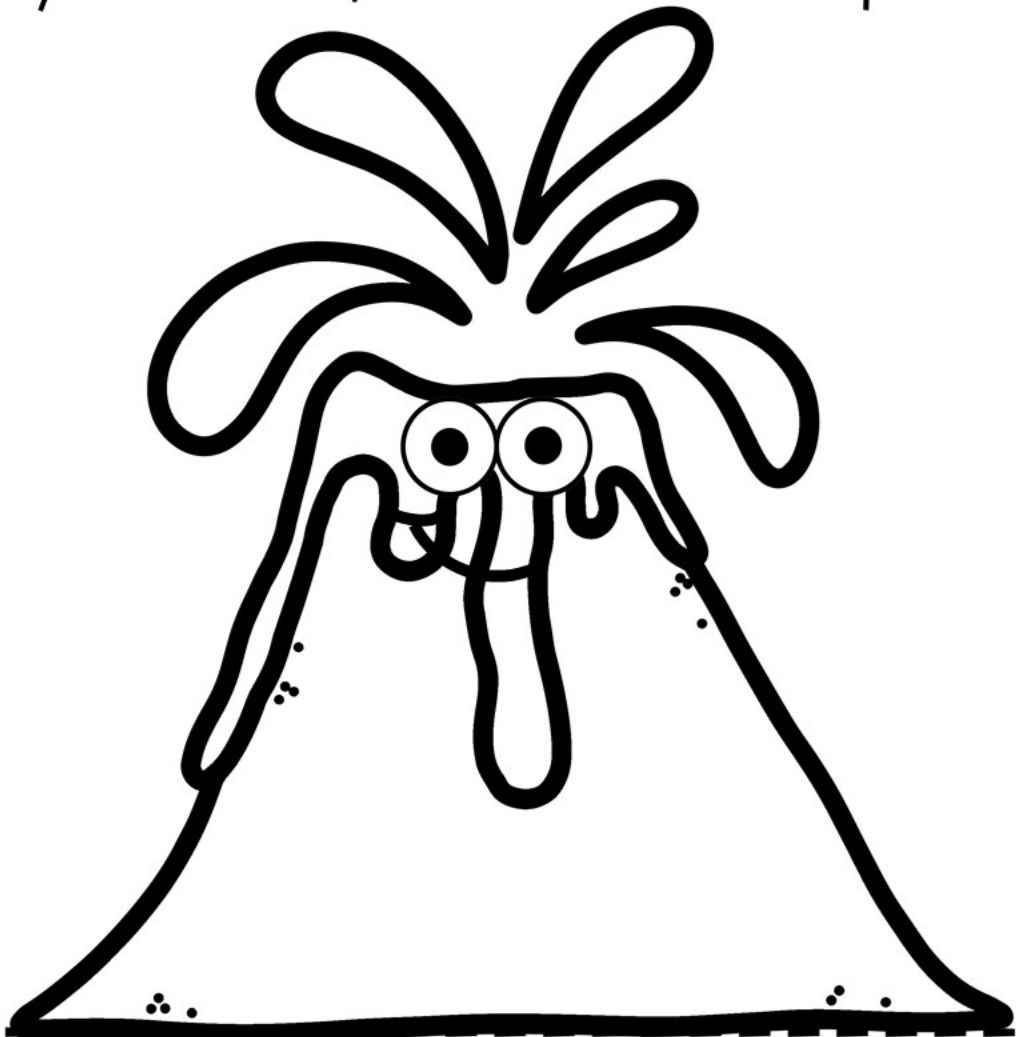
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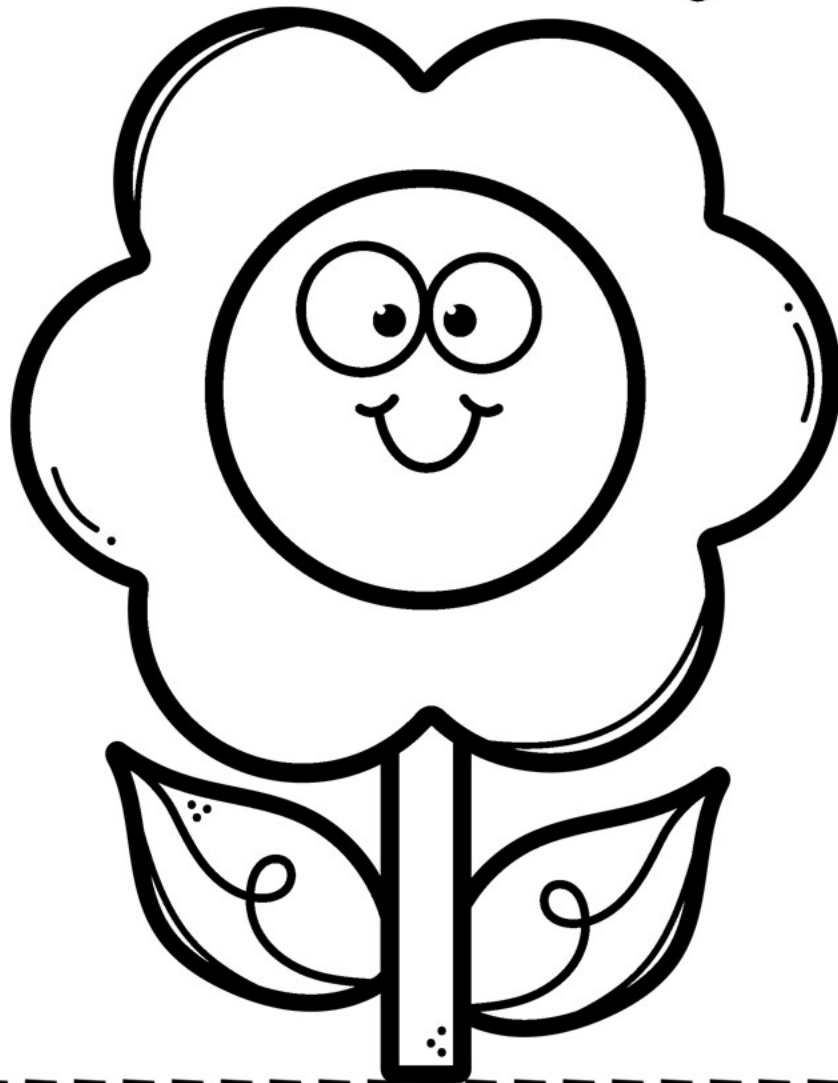
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Pretend that your hands and arms are hot lava exploding from a volcano. Clasp your hands together and reach up to the sky. Take a deep breath in. Then, separate your hands, place your arms on your sides, and take a deep breath out.



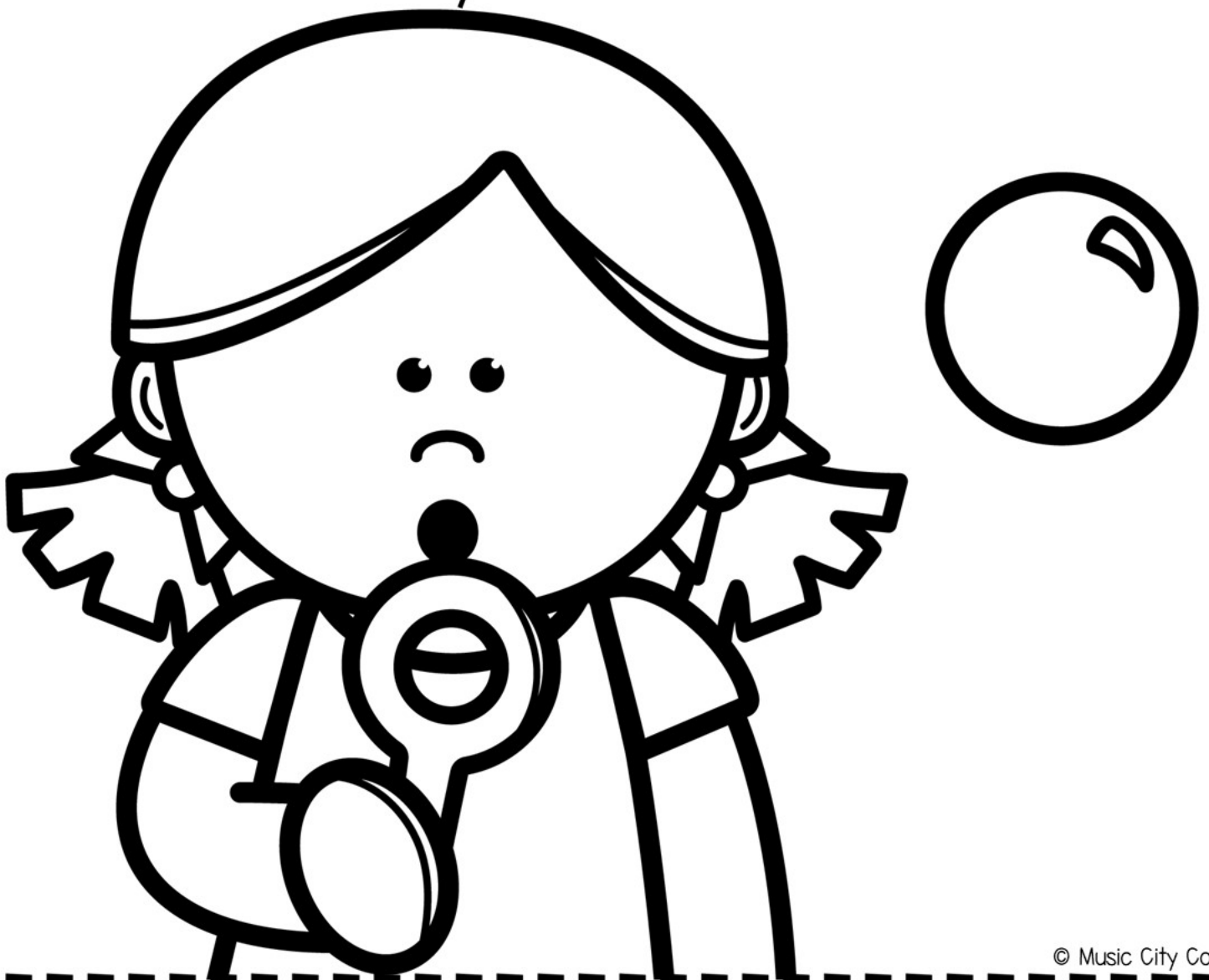
Dandelion BREATHING

Pretend that your pointer finger is a dandelion. "Smell" the flower and take a deep breath in. Then, take a long, gentle breath out to "blow the seeds" through the air.



Bubble BREATHING

Pretend you are playing with bubbles. Take a deep breath in. Then, take a long, gentle breath out like you would to blow a bubble.



Sloth BREATHING

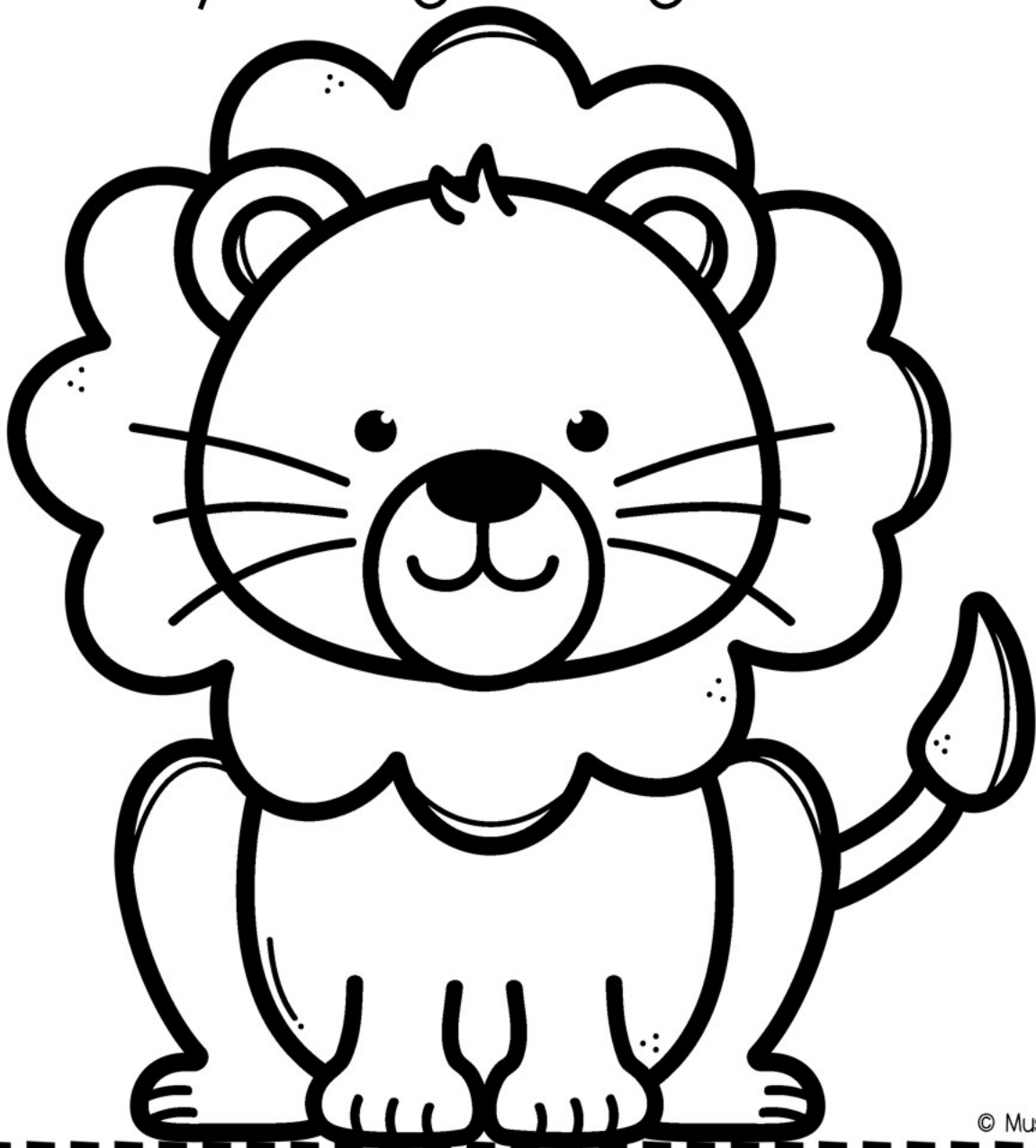
Pretend you are a sloth taking it sloooooow. Practice being present. Breathe in and focus on the sounds around you. Breathe out.

Breathe in and focus on the smells around you. Breathe out. Breathe in and focus on the sights around you. Breathe out.



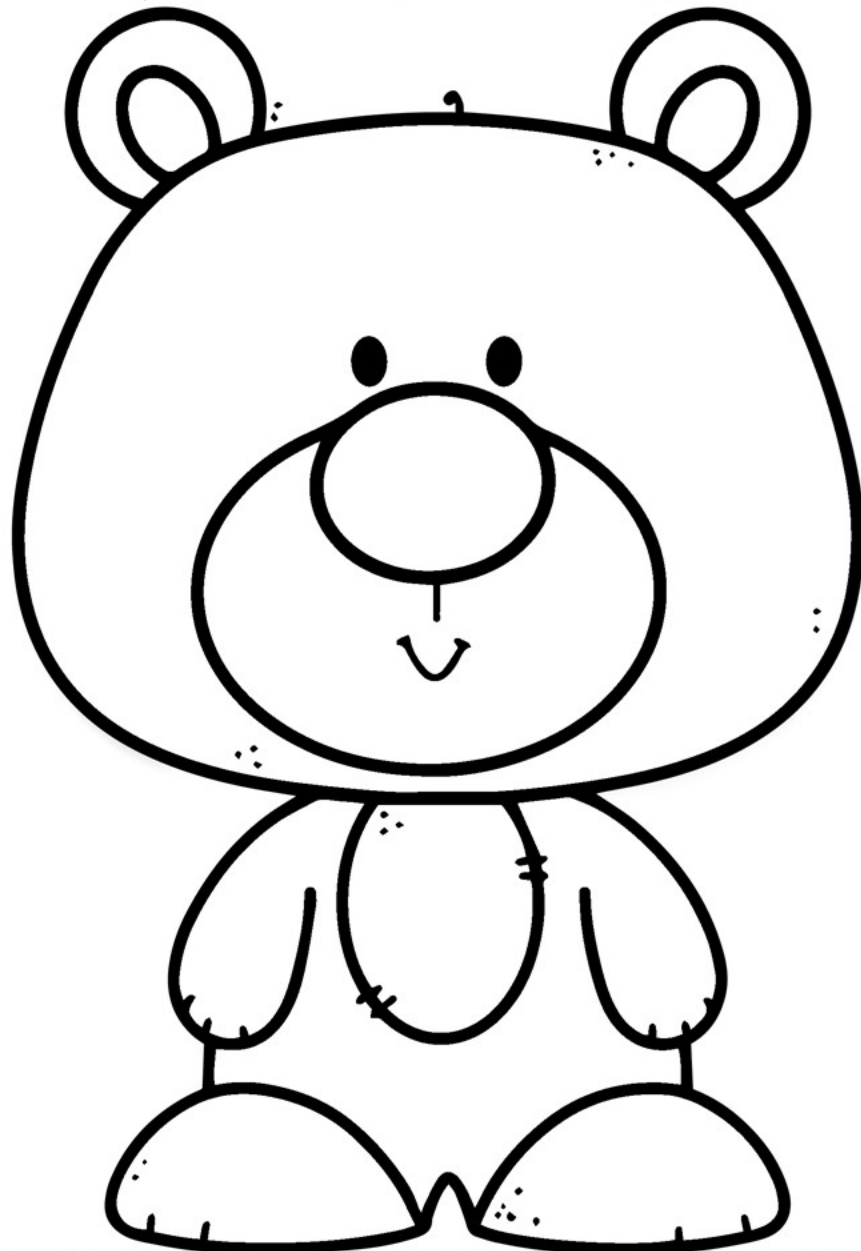
Lion BREATHING

When you're feeling angry, pretend you are a lion. Take a few deep breaths in and out. Then, roar as loud as you can to let your big feelings out!



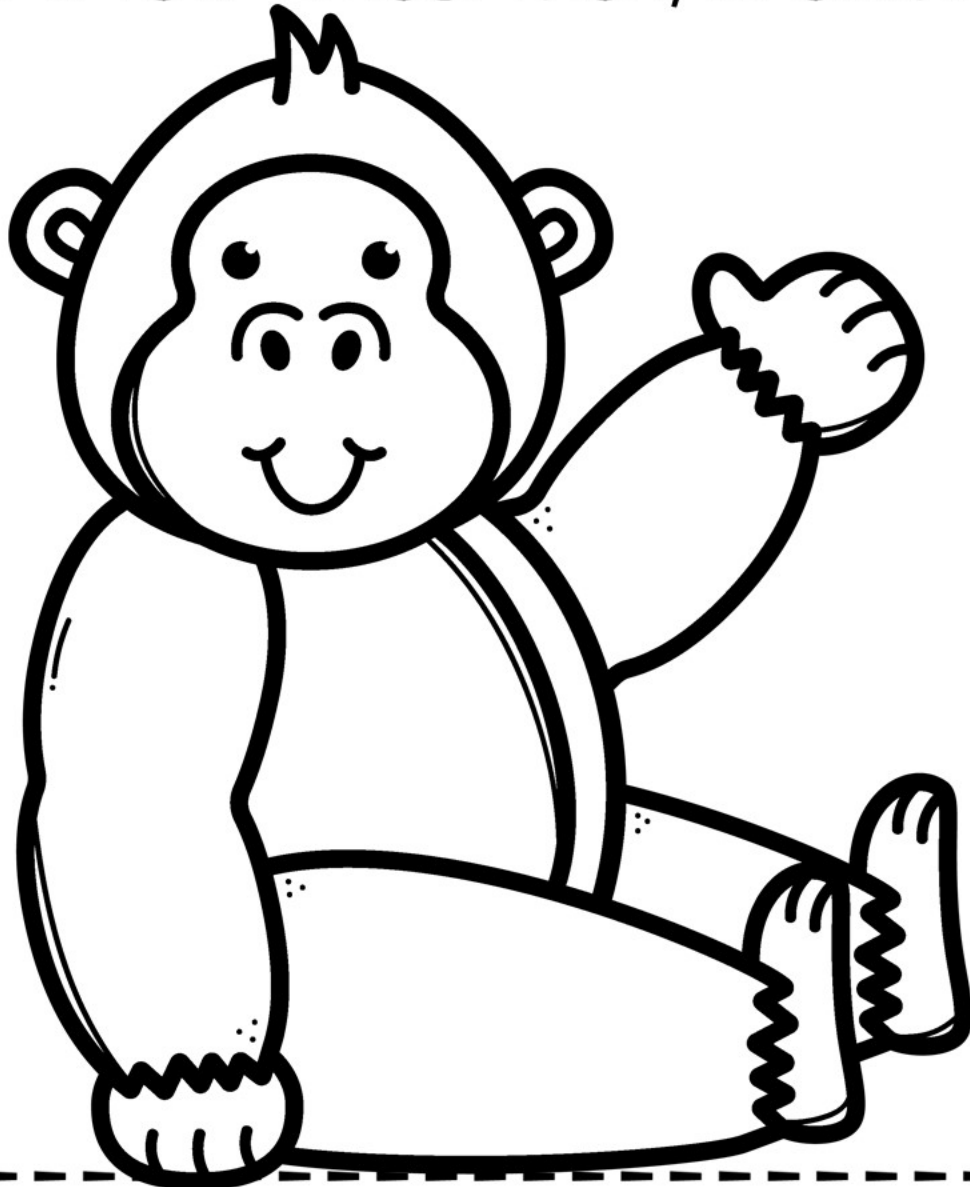
Bear BREATHING

When you're feeling angry, pretend you are a bear. Take a few deep breaths in and out. Then, growl as loud as you can to let your big feelings out!



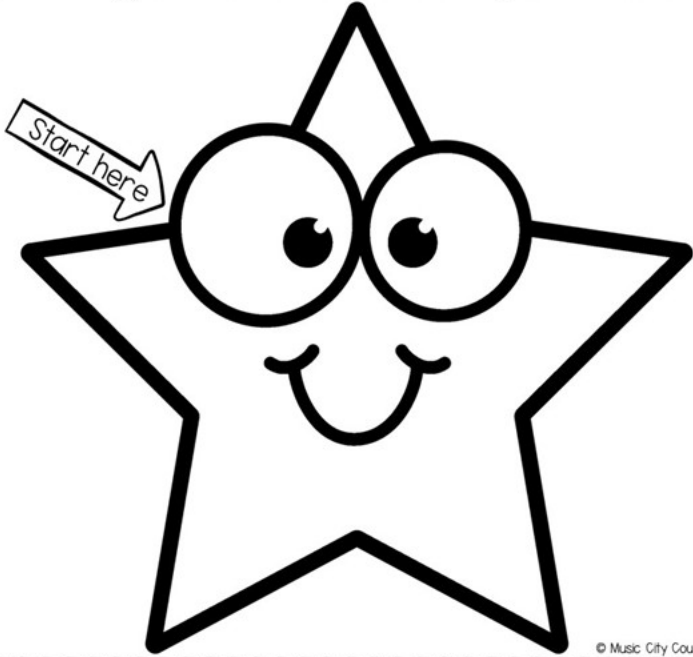
Gorilla BREATHING

Pretend that you are a gorilla. Take a deep breath in, and as you breathe, bang your chest a few times. Then, breathe out.



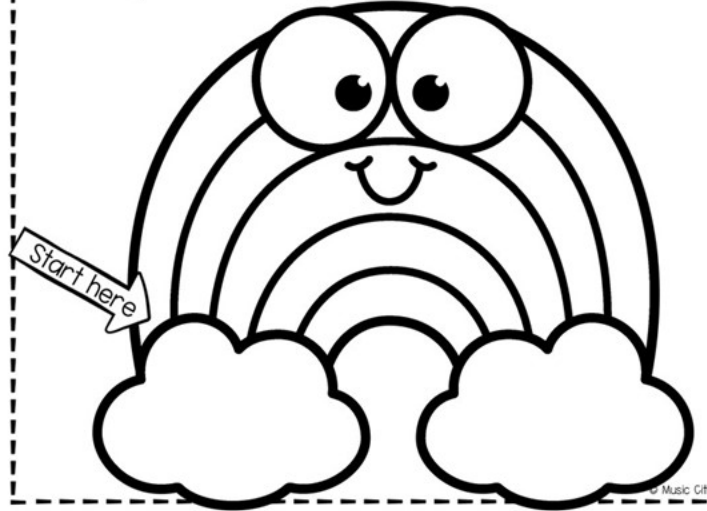
Star BREATHING

Trace the lines of the star with your finger. As your finger traces a line, breathe in. As your finger traces the next line, breathe out.



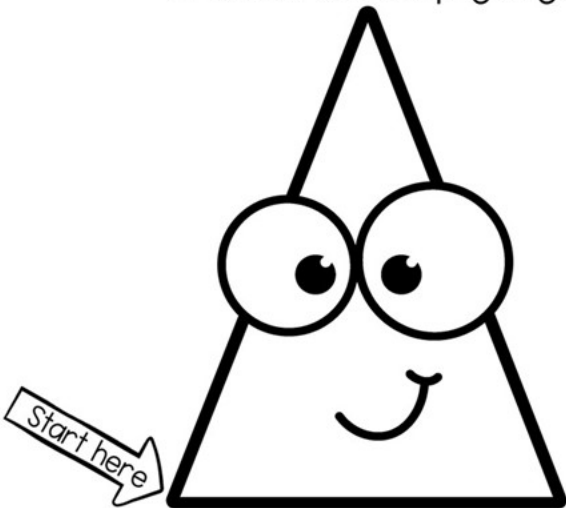
Rainbow BREATHING

Trace the colors of the rainbow with your finger. Breathe in as your finger traces red. Breathe out as your finger traces yellow. Keep going from there!



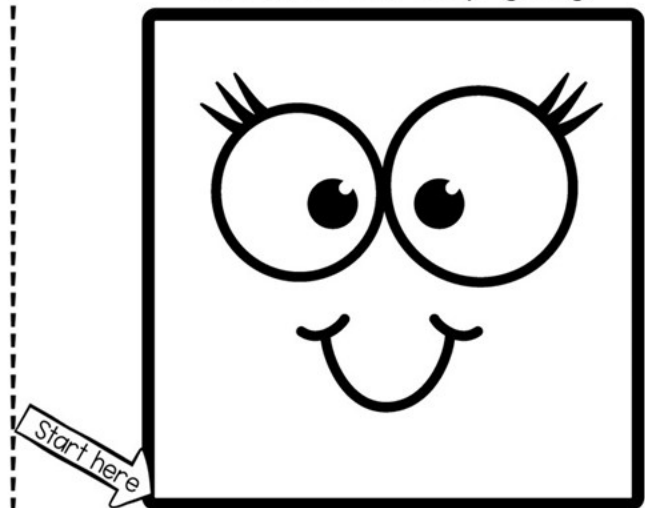
Triangle BREATHING

Trace the lines of the triangle with your finger. As your finger traces a line, breathe in. As your finger traces the next line, breathe out. Keep going.



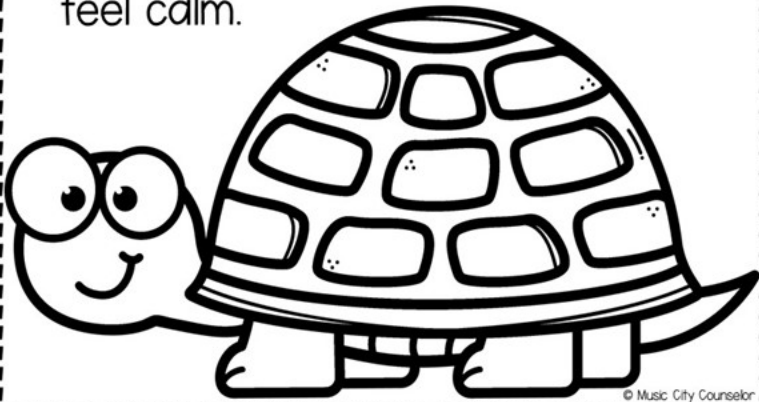
Square BREATHING

Trace the lines of the square with your finger. As your finger traces a line, breathe in. As your finger traces the next line, breathe out. Keep going.



Turtle BREATHING

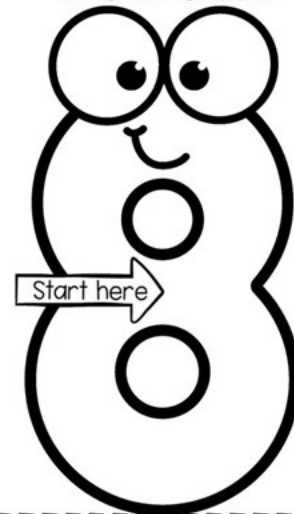
1. Identify your feelings.
2. Imagine a "STOP" sign in your head.
3. Go into your "shell." Take three deep breaths. Think happy thoughts.
4. "Come out" of your shell when you feel calm.



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Figure Eight BREATHING

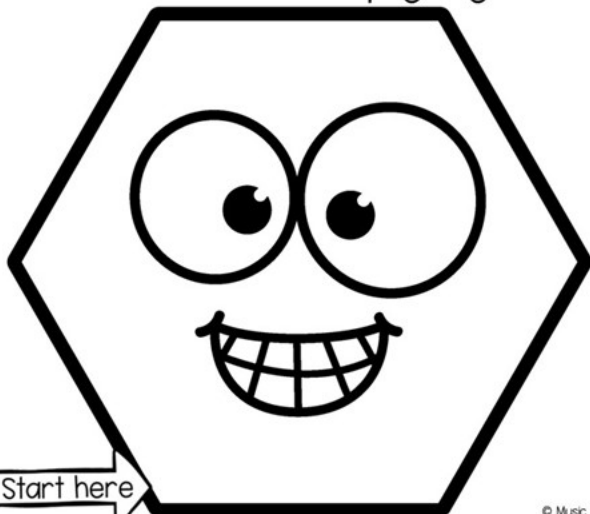
Point to the middle of the eight. Trace the top part of the eight as you breathe in. Trace the bottom part of the eight as you breathe out.



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Hexagon BREATHING

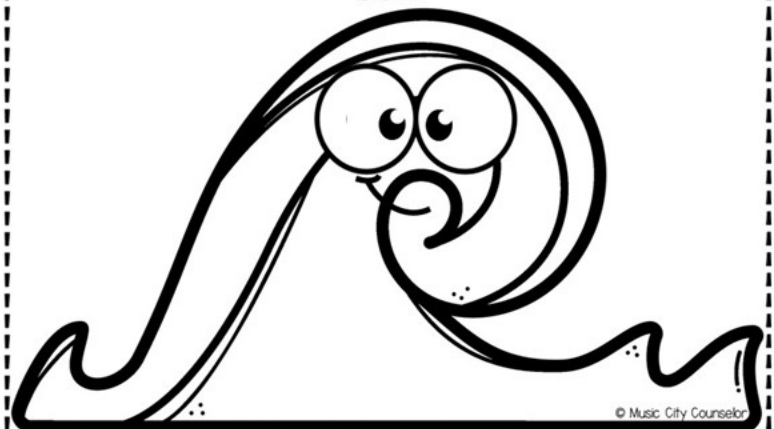
Trace the lines of the hexagon with your finger. As your finger traces a line, breathe in. As your finger traces the next line, breathe out. Keep going.



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Ocean Wave BREATHING

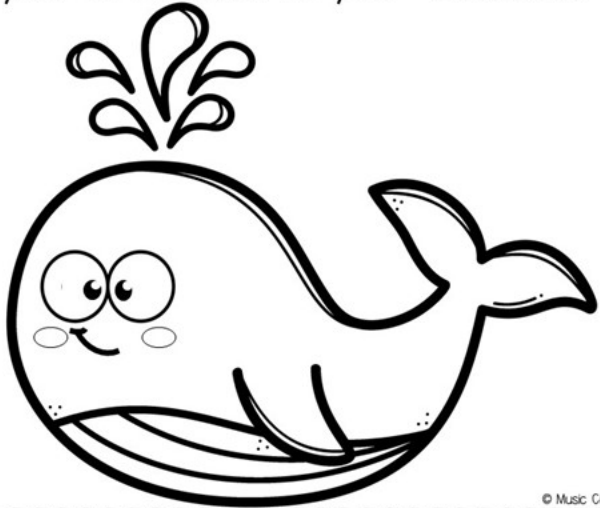
Imagine you are at the beach. Take a deep breath in and imagine an ocean wave rolling in. Take a deep breath out and imagine the ocean wave rolling out.



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Whale BREATHING

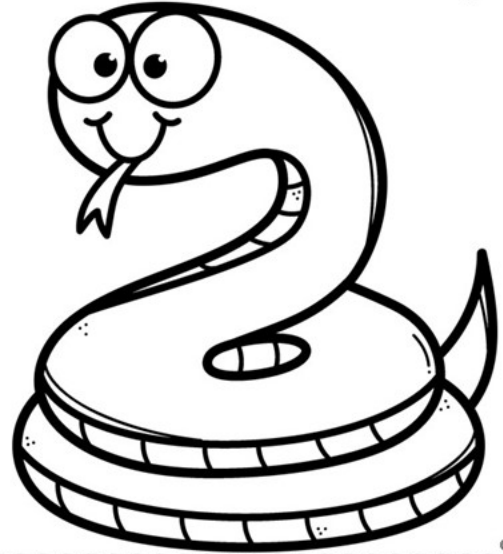
Pretend you are a whale. Take a deep breath in and hold it while you count to 5. Then, tilt your head up to the sky and blow your breath out of your "blowhole."



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Snake BREATHING

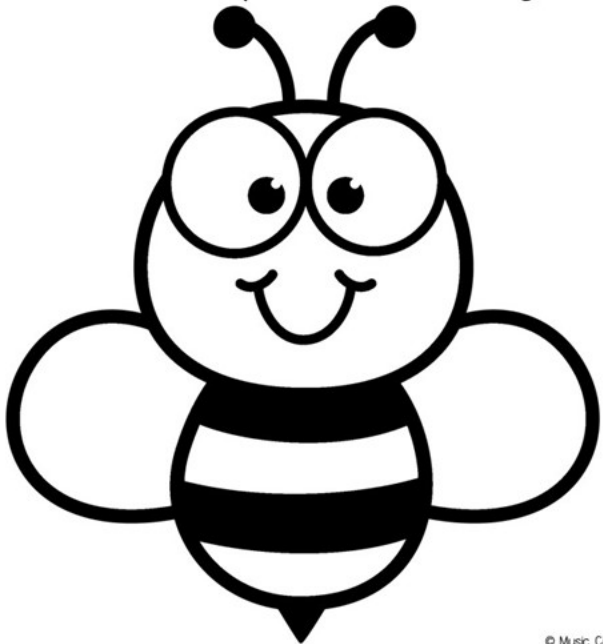
Pretend you are a snake. Take a deep breath in and hold it for 5 seconds. Then, as you breathe out slowly, make a hissing sound.



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Bee BREATHING

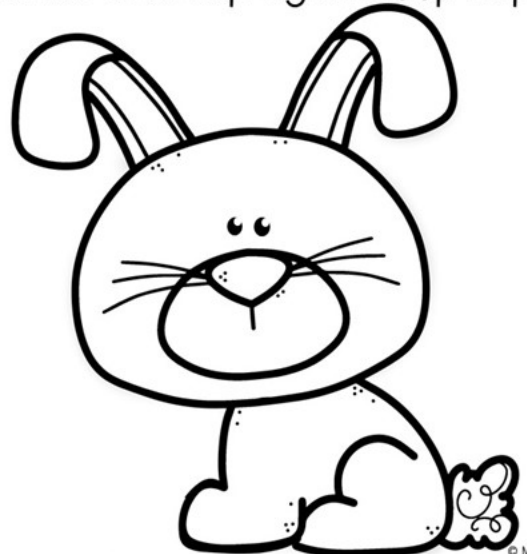
Pretend you are a bee. Take a deep breath in and hold it for 5 seconds. Then, as you breathe out slowly, make a buzzing sound.



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Bunny BREATHING

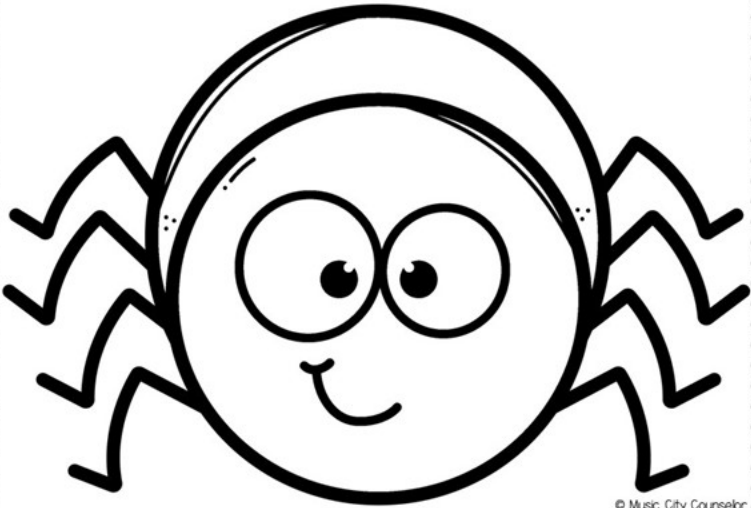
Stand up. Take a deep breath in and hop forward like a bunny. Then, take a deep breath out and hop again. Keep hopping!



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Spider BREATHING

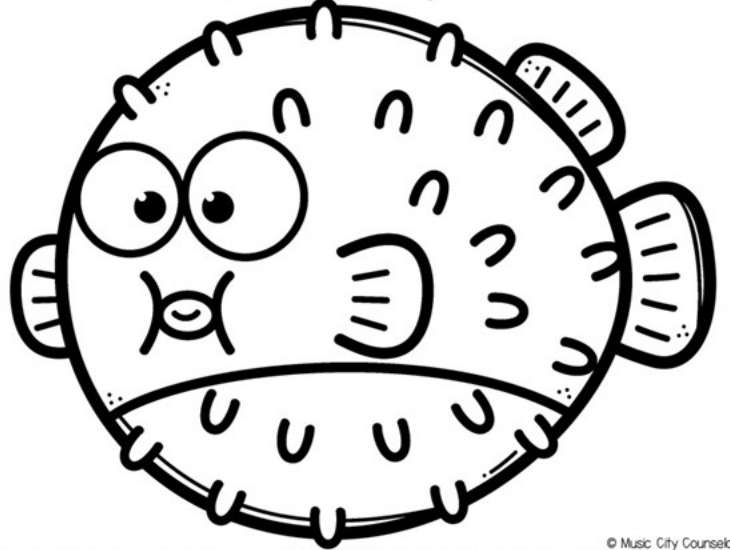
Trace the spider's legs with your finger. As you trace one leg, breathe in. As you trace the next leg, breathe out.



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Puffer Fish BREATHING

Pretend you are a puffer fish. Take a deep breath in and puff out your cheeks with air. Then, take a deep breath out.



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Kangaroo BREATHING

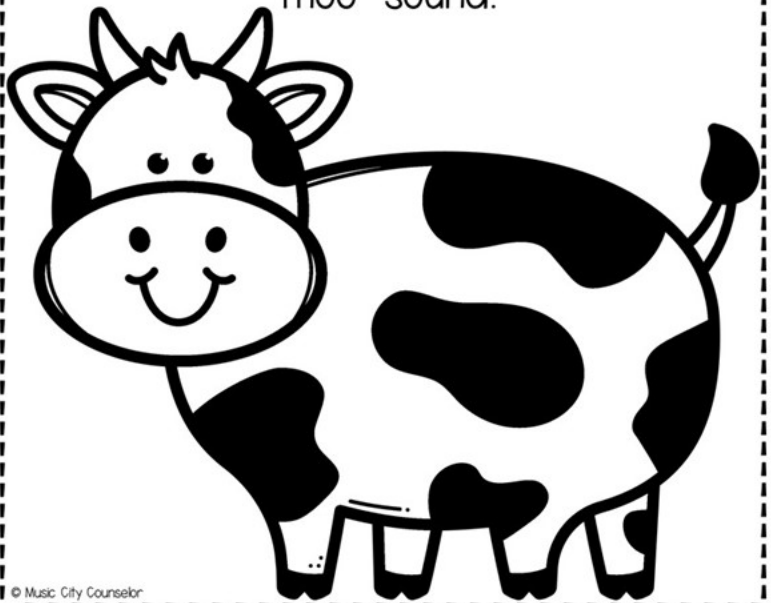
Stand up. Take a deep breath in and hop forward like a kangaroo. Then, take a deep breath out and hop again. Keep hopping!



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Cow BREATHING

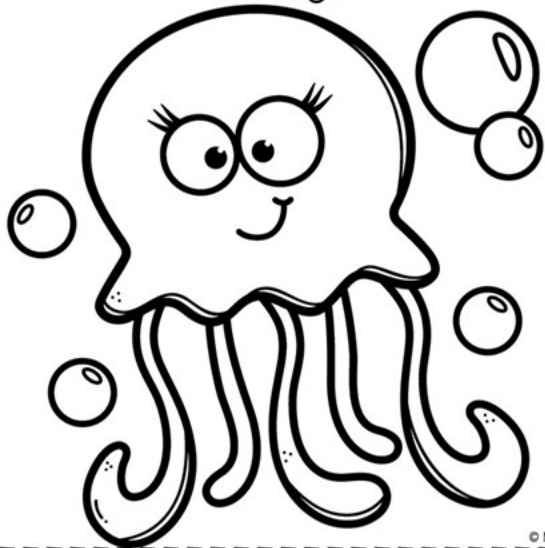
Pretend you are a cow. Take a deep breath in and hold it for 5 seconds. Then, as you breathe out slowly, make a "moo" sound.



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Jellyfish BREATHING

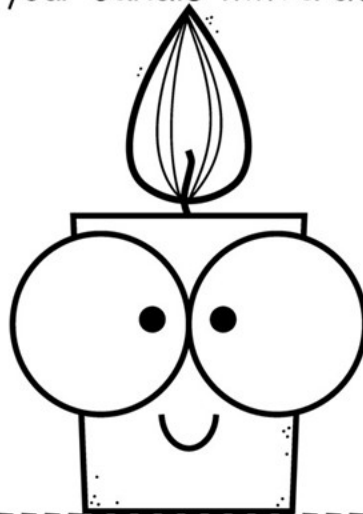
Trace the jellyfish's legs with your finger. As you trace one leg, breathe in. As you trace the next leg, breathe out.



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Candle BREATHING

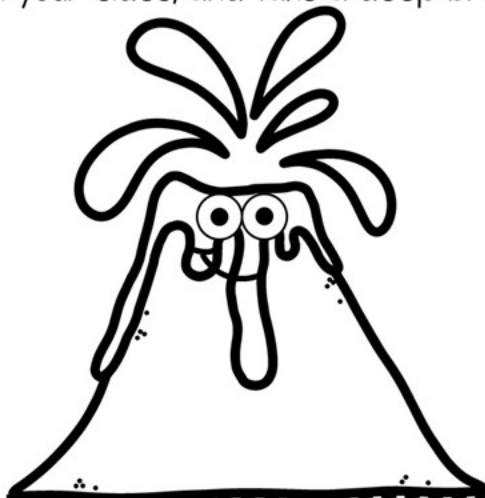
Pretend that your pointer finger is a lit candle with your favorite scent. "Smell" the candle and take a deep breath in. Then, "blow" out your candle with a deep breath.



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Volcano BREATHING

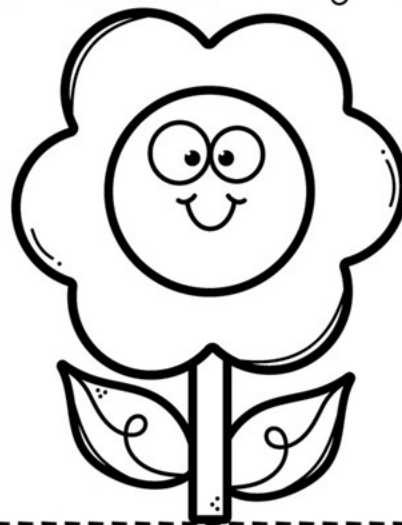
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Bubble BREATHING

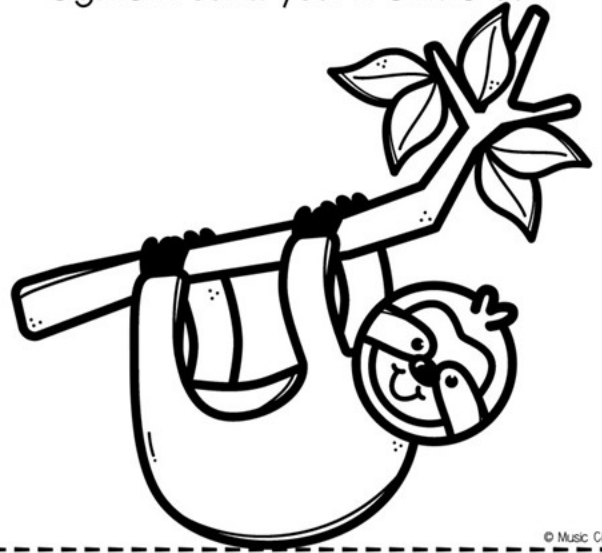
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Bear BREATHING

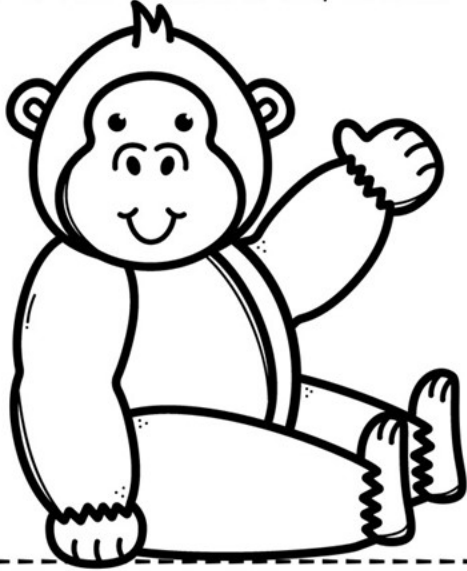
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♥ *laura oathout*

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