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Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Breathing Buddies](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

BREATHING BUDDIES

Session Objective:

*Students will practice deep breathing techniques.

Materials:

*Stuffed animals (you can provide them or have students bring them from home).

*PowerPoint presentation.

*Handouts, pencils, crayons.

Guiding Questions:

*What can I do when I need to feel calm?

*What are some deep breathing techniques?

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Behavior: Self-Management: Self-discipline and self-control. (B-SMS 2)

*Behavior: Self-Management: Effective coping skills. (B-SMS 7)

SEL Competencies:

*Self-awareness: Identifying Emotions.

*Self-management: Stress management, self-discipline.

Session Details

*Say "Today we are going to meet some breathing buddies. These buddies will teach us how to use some deep breathing techniques. These techniques can help us to calm our bodies when we are feeling upset, angry, stressed, or worried. Breathing gives your body a message that says to calm down and relax which is why it's so important to do it correctly." Let students pick out a stuffed animal you have or they brought from home. "Now that we have our breathing buddy let's do some deep slow breathing with them." Start the PowerPoint presentation. Go through each breathing technique in the PowerPoint. Once you reach the discussion questions, you can have students either answer as a group discussion or have them go back to their seats and answer on the activity handouts. You can use the quarter page posters to give the students their favorite breathing technique to practice at home.

BREATHING TECHNIQUE POSTERS

BEAR BREATHING



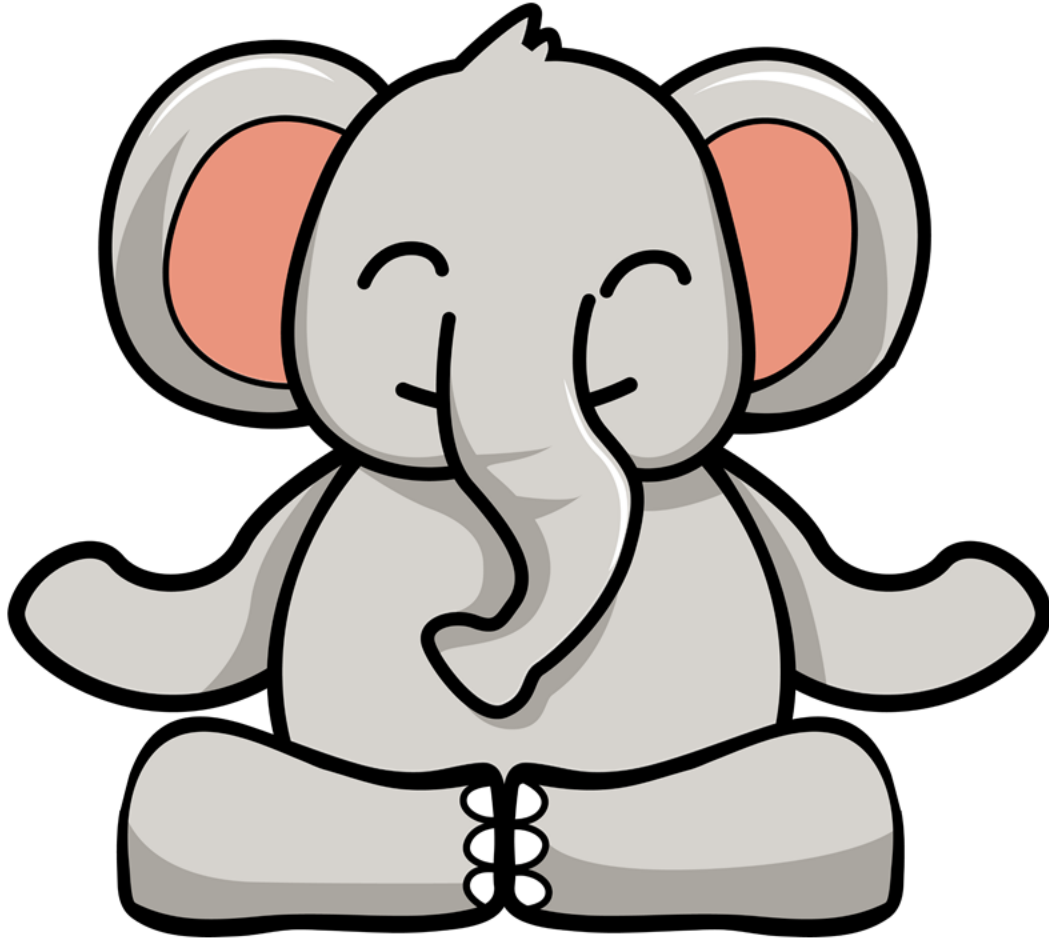
IMAGINE YOU'RE A RELAXED BEAR WAKING UP FROM
A LONG WINTER'S NAP. TAKE A SLOW, DEEP BREATH
IN THROUGH YOUR NOSE, FEELING YOUR BELLY RISE
LIKE A BIG BEAR BELLY. THEN, EXHALE SLOWLY
THROUGH YOUR MOUTH, MAKING A SOFT
"WHOOOOSH" SOUND.

CAT BREATHING



PICTURE YOURSELF AS A CONTENTED CAT LYING IN THE SUN. BREATHE IN SLOWLY THROUGH YOUR NOSE, FEELING YOUR CHEST AND BELLY RISE LIKE A CAT TAKING A DEEP, CALMING BREATH. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, MAKING A SOFT PURRING SOUND.

ELEPHANT BREATHING



PRETEND YOU'RE A MAJESTIC ELEPHANT IN THE JUNGLE. TAKE A SLOW, DEEP BREATH IN THROUGH YOUR NOSE, FEELING YOUR BELLY EXPAND LIKE AN ELEPHANT'S BIG BELLY. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, MAKING A SOFT, LOW SOUND LIKE AN ELEPHANT'S TRUMPET.

FROG BREATHING



VISUALIZE YOURSELF AS A FROG SWIMMING GRACEFULLY IN A TRANQUIL POND. TAKE A SLOW, DEEP BREATH IN THROUGH YOUR MOUTH, AS IF YOU'RE BREATHING IN WATER. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, IMAGINING YOU'RE GENTLY RELEASING BUBBLES INTO THE WATER.

PUPPY BREATHING



IMAGINE YOU'RE A PLAYFUL PUPPY IN THE PARK.
TAKE A QUICK, PLAYFUL BREATH IN THROUGH YOUR
NOSE, AS IF YOU'RE SNIFFING OUT NEW
ADVENTURES. THEN, BREATHE OUT THROUGH YOUR
MOUTH, MAKING A SOFT, HAPPY PANTING SOUND.

PIG BREATHING



IMAGINE YOU'RE A HAPPY PIG ROLLING AROUND IN THE MUD. TAKE A QUICK, PLAYFUL BREATH IN THROUGH YOUR NOSE, IMAGINING YOU'RE SNIFFING OUT DELICIOUS TRUFFLES. THEN, BREATHE OUT THROUGH YOUR MOUTH, MAKING A SOFT, CONTENTED SNORTING SOUND.

MOOSE BREATHING



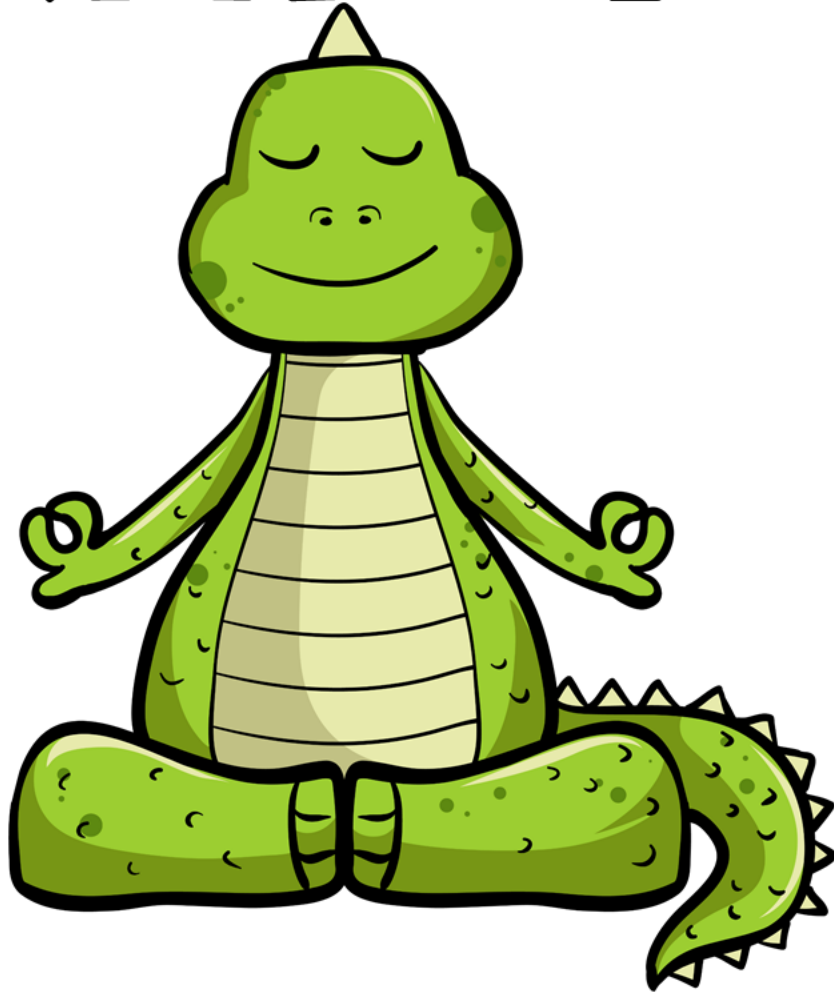
IMAGINE YOU'RE A TRANQUIL MOOSE IN A SERENE FOREST. TAKE A SLOW, DEEP BREATH IN THROUGH YOUR NOSE, FEELING YOUR BELLY EXPAND LIKE A MOOSE TAKING A DEEP, CALMING BREATH. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, MAKING A SOFT, PEACEFUL SOUND.

FOX BREATHING



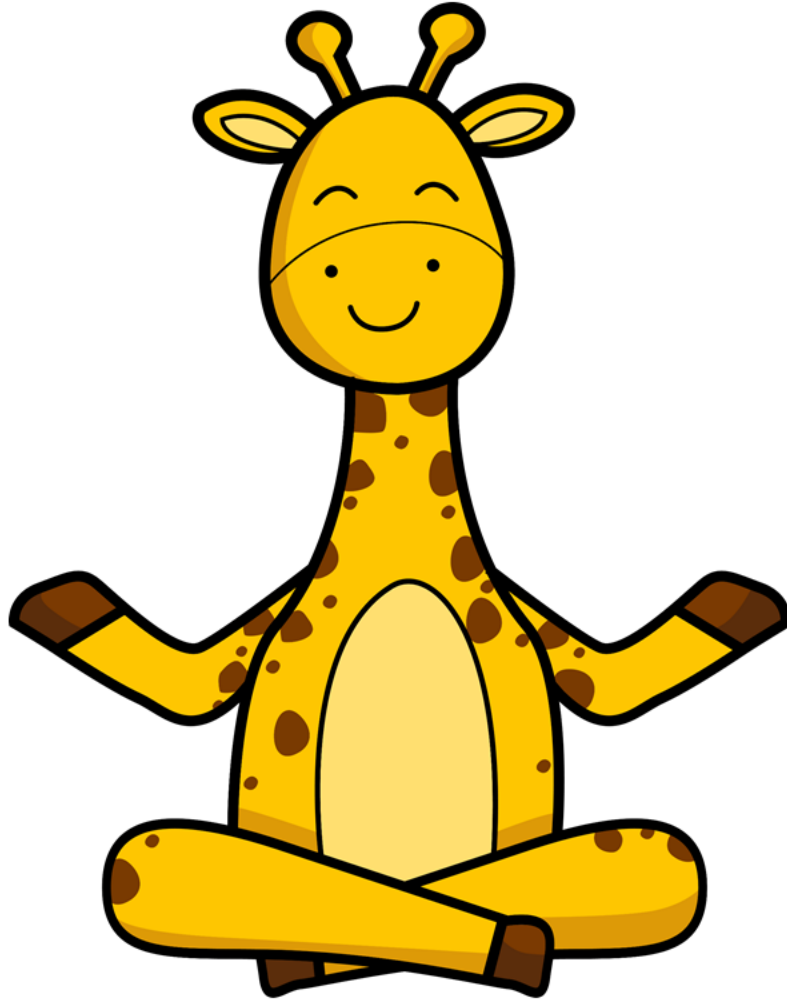
VISUALIZE YOURSELF AS A CLEVER FOX IN THE FOREST. TAKE A SLOW, DEEP BREATH IN THROUGH YOUR NOSE, AS IF YOU'RE SMELLING THE CRISP, FRESH AIR OF THE WOODS. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, IMAGINING YOU'RE RELEASING ALL THE TENSION AND WORRIES.

IGUANA BREATHING



PICTURE YOURSELF AS AN IGUANA LYING IN THE SUN. BREATHE IN SLOWLY THROUGH YOUR NOSE, FEELING YOUR BODY EXPAND LIKE AN IGUANA TAKING IN AIR. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, IMAGINING YOUR BODY CONTRACTING LIKE AN IGUANA SLITHERING ALONG.

GIRAFFE BREATHING



PRETEND YOU'RE A TALL GIRAFFE GRAZING ON LEAVES. TAKE A LONG, DEEP BREATH IN THROUGH YOUR NOSE, FEELING YOUR NECK STRETCH UP LIKE A GIRAFFE'S LONG NECK. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, MAKING A SOFT, GENTLE SOUND LIKE A GIRAFFE CHEWING LEAVES.

OWL BREATHING



VISUALIZE YOURSELF AS A WISE OWL IN THE QUIET FOREST. TAKE A SLOW, DEEP BREATH IN THROUGH YOUR NOSE, AS IF YOU'RE SMELLING THE CRISP, FRESH AIR OF THE WOODS. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, IMAGINING YOU'RE RELEASING ALL THE TENSION AND WORRIES.

PENGUIN BREATHING



PICTURE YOURSELF AS A CONTENTED PENGUIN ON THE ICE. BREATHE IN SLOWLY THROUGH YOUR NOSE, FEELING YOUR CHEST AND BELLY RISE LIKE A PENGUIN TAKING A DEEP, CALMING BREATH. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, MAKING A SOFT, CONTENTED COOING SOUND.

PANDA BREATHING



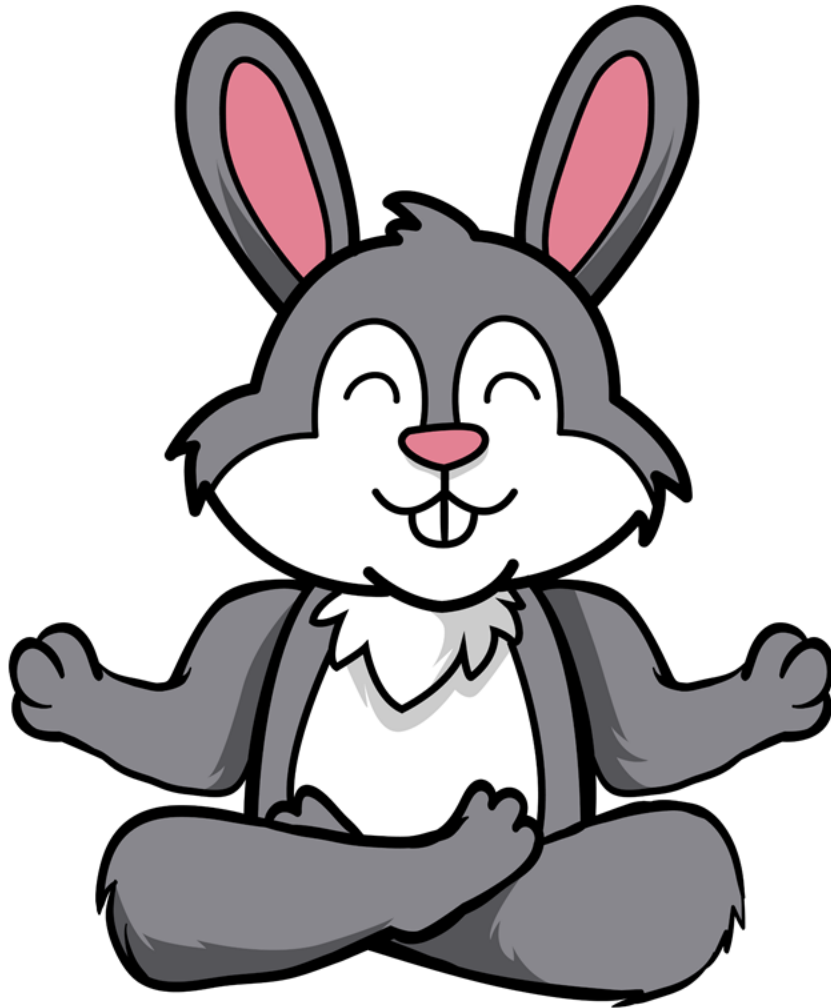
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LION BREATHING



PRETEND YOU'RE A MIGHTY LION ON THE SAVANNA. TAKE A LONG, DEEP BREATH IN THROUGH YOUR NOSE, IMAGINING YOU'RE FILLING YOUR LUNGS WITH COURAGE AND STRENGTH. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, MAKING A POWERFUL, ROARING SOUND LIKE A LION.

BUNNY BREATHING



IMAGINE YOU'RE A BUNNY HOPPING THROUGH A FIELD. TAKE A QUICK SNIFF IN THROUGH YOUR NOSE, LIKE A BUNNY TWITCHING ITS NOSE TO SMELL THE FLOWERS. THEN, BREATHE OUT THROUGH YOUR MOUTH, MAKING A SOFT, QUIET SIGH.

UNICORN BREATHING



IMAGINE YOU'RE A MAGICAL UNICORN IN A BEAUTIFUL MEADOW. TAKE A DEEP BREATH IN THROUGH YOUR NOSE, IMAGINING YOU'RE INHALING SPARKLING, RAINBOW-COLORED AIR. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, IMAGINING YOU'RE GENTLY BLOWING AWAY ALL THE WORRIES.

SLOTH BREATHING



PICTURE YOURSELF AS A RELAXED SLOTH HANGING FROM A TREE. BREATHE IN SLOWLY THROUGH YOUR NOSE, FEELING YOUR CHEST AND BELLY RISE LIKE A SLOTH TAKING A DEEP, CALMING BREATH. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, MAKING A SOFT, CONTENTED SIGH.

LLAMA BREATHING



PRETEND YOU'RE A CONTENTED LLAMA IN A QUIET MEADOW. TAKE A SLOW, DEEP BREATH IN THROUGH YOUR NOSE, FEELING YOUR CHEST AND BELLY RISE LIKE A LLAMA TAKING A DEEP, CALMING BREATH. THEN, BREATHE OUT SLOWLY THROUGH YOUR MOUTH, MAKING A GENTLE HUMMING SOUND.

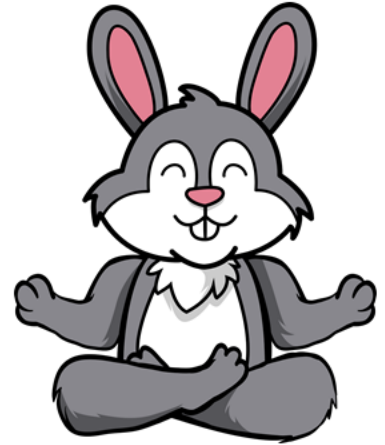
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SIT IN A
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HUG A
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© Heart & Mind Teaching

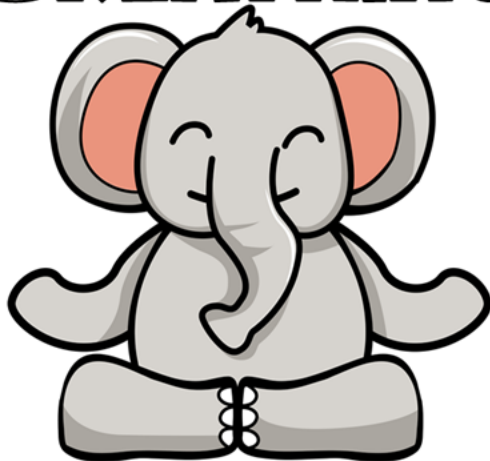
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© Heart & Mind Teaching

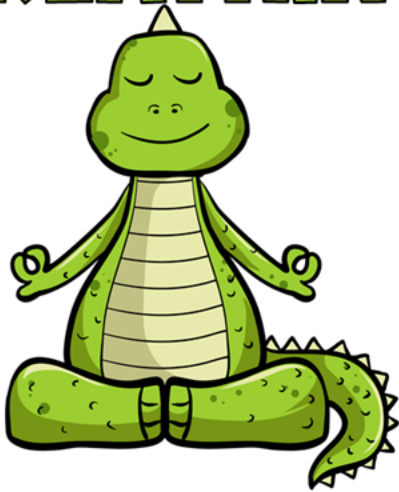
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BREATHING BUDDIES



TAKE A
BREAK



SIT IN A
QUIET SPACE



BREATHE



HUG A
STUFFED
ANIMAL



IMAGINE A
CALM PLACE



COUNT
TO TEN

© Heart & Mind Teaching

ACTIVITY PAGES

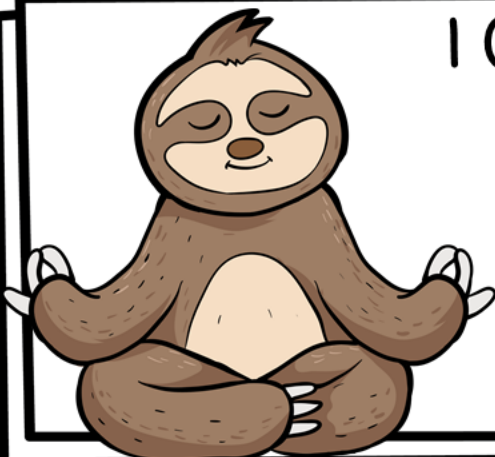
BREATHING BUDDIES



I CAN BE CALM LIKE A BEAR BY



I CAN BE CALM LIKE A LLAMA BY



I CAN BE CALM LIKE A SLOTH BY

BREATHING BUDDIES

DRAW OR WRITE YOUR ANSWER.



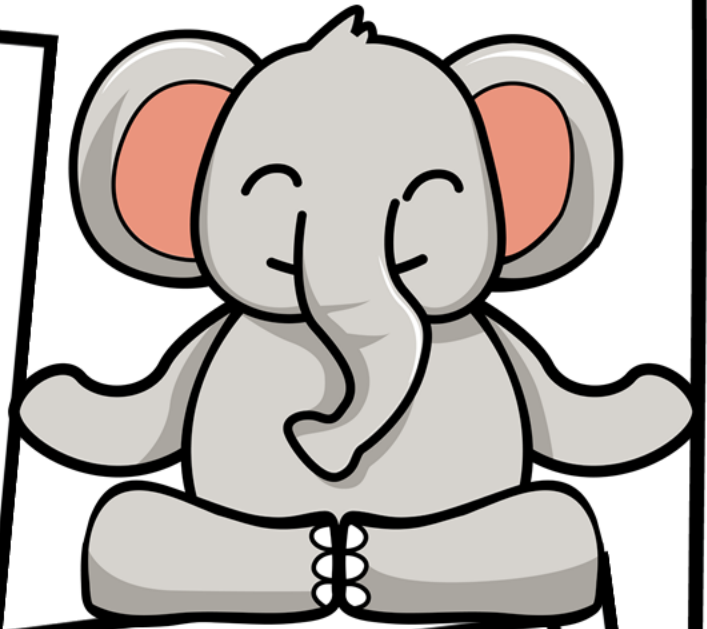
THIS IS HOW I LOOK
WHEN I AM CALM



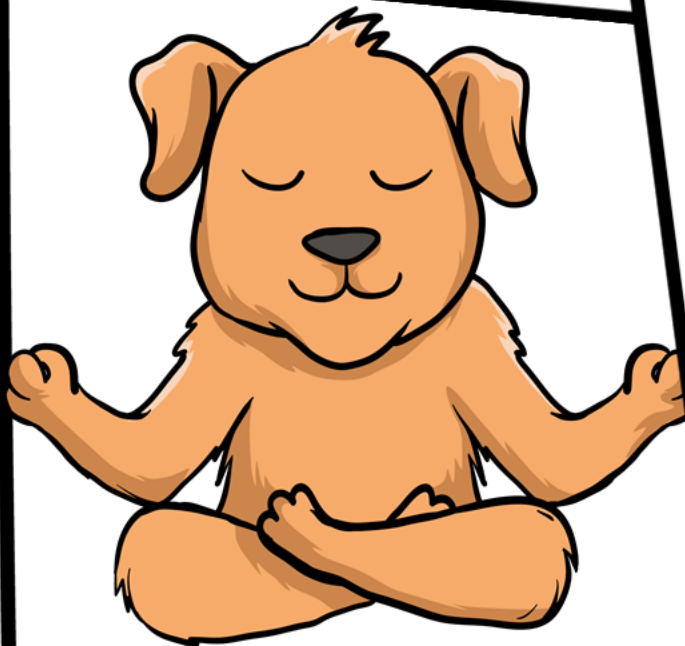
THIS IS HOW I LOOK
WHEN I AM NOT CALM

BREATHING BUDDIES

DRAW OR WRITE YOUR ANSWER.



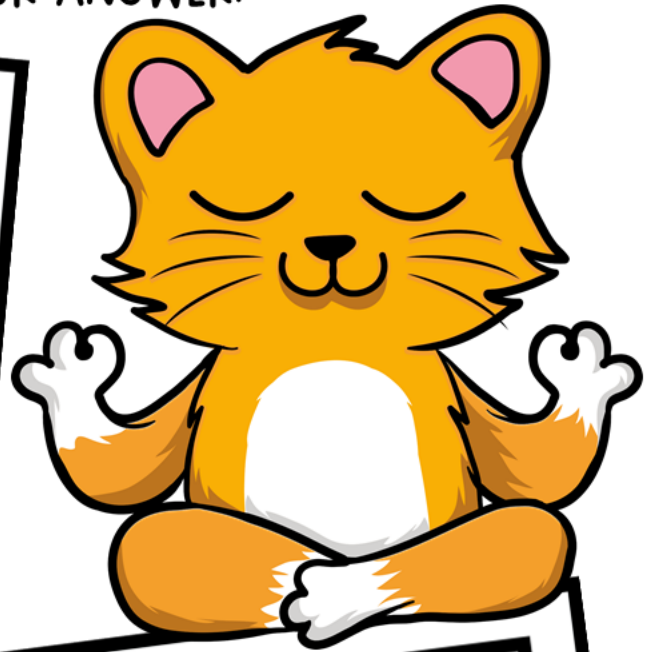
THIS IS WHAT MAKES
ME FEEL CALM



THIS IS WHAT MAKES
ME NOT FEEL CALM

BREATHING BUDDIES

DRAW OR WRITE YOUR ANSWER.



I CAN IMAGINE THIS
PLACE TO FEEL CALM



THIS IS MY FAVORITE
BREATHING BUDDY TO HUG

BREATHING BUDDIES

THESE ARE WAYS I CAN BE CALM LIKE A SLOTH...



BREATHING BUDDIES

THESE ARE WAYS I CAN BE CALM LIKE A SLOTH...

SIT IN A
QUIET SPACE

TAKE A BREAK

COUNT TO
TEN

BREATHE

HUG A
STUFFED
ANIMAL

IMAGINE A
CALM PLACE



POSTERS/ COLORING PAGES

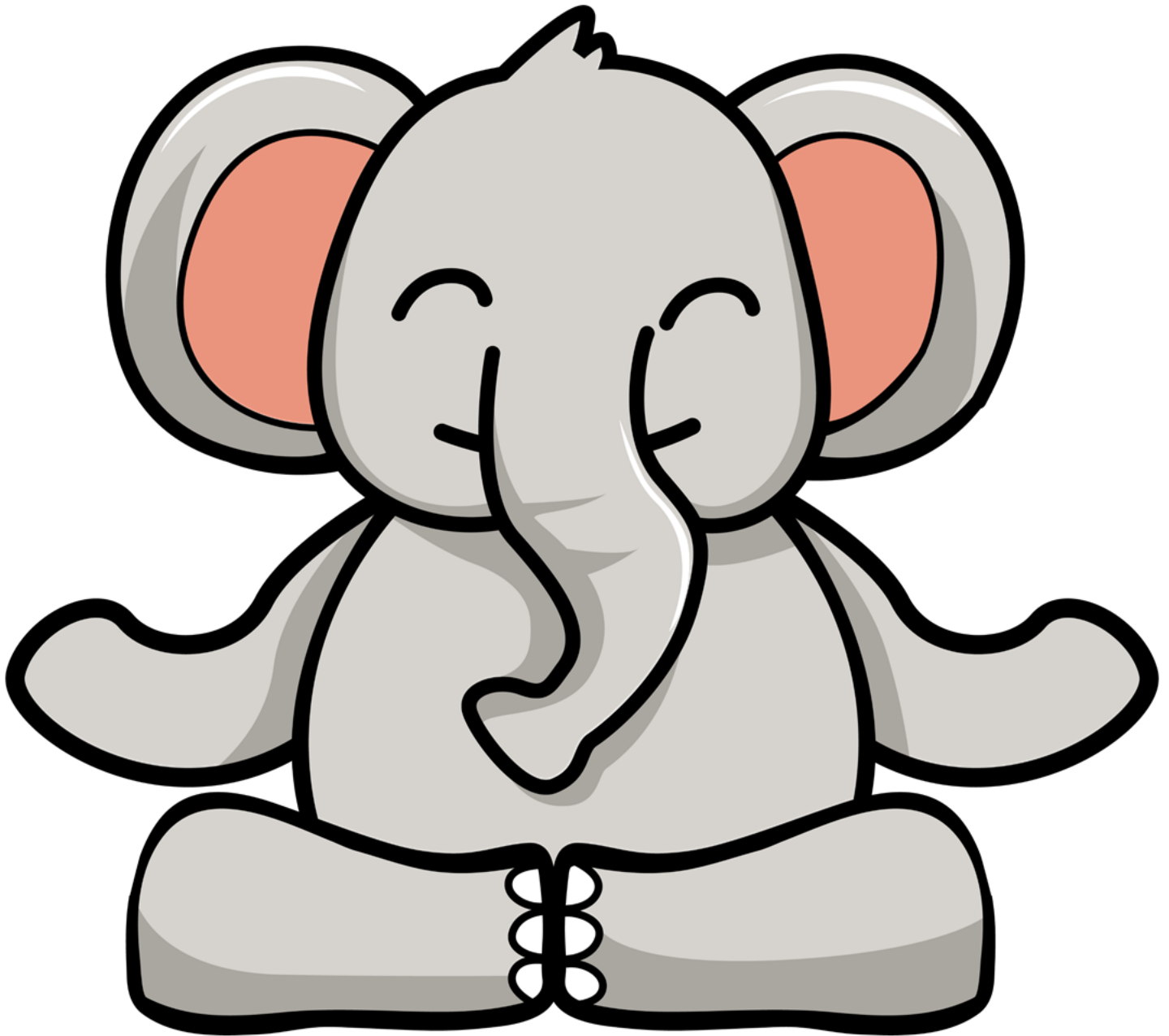
**I AM CALM
LIKE A BEAR**



**I AM CALM
LIKE A CAT**



**I AM CALM
LIKE AN ELEPHANT**



**I AM CALM
LIKE A FROG**



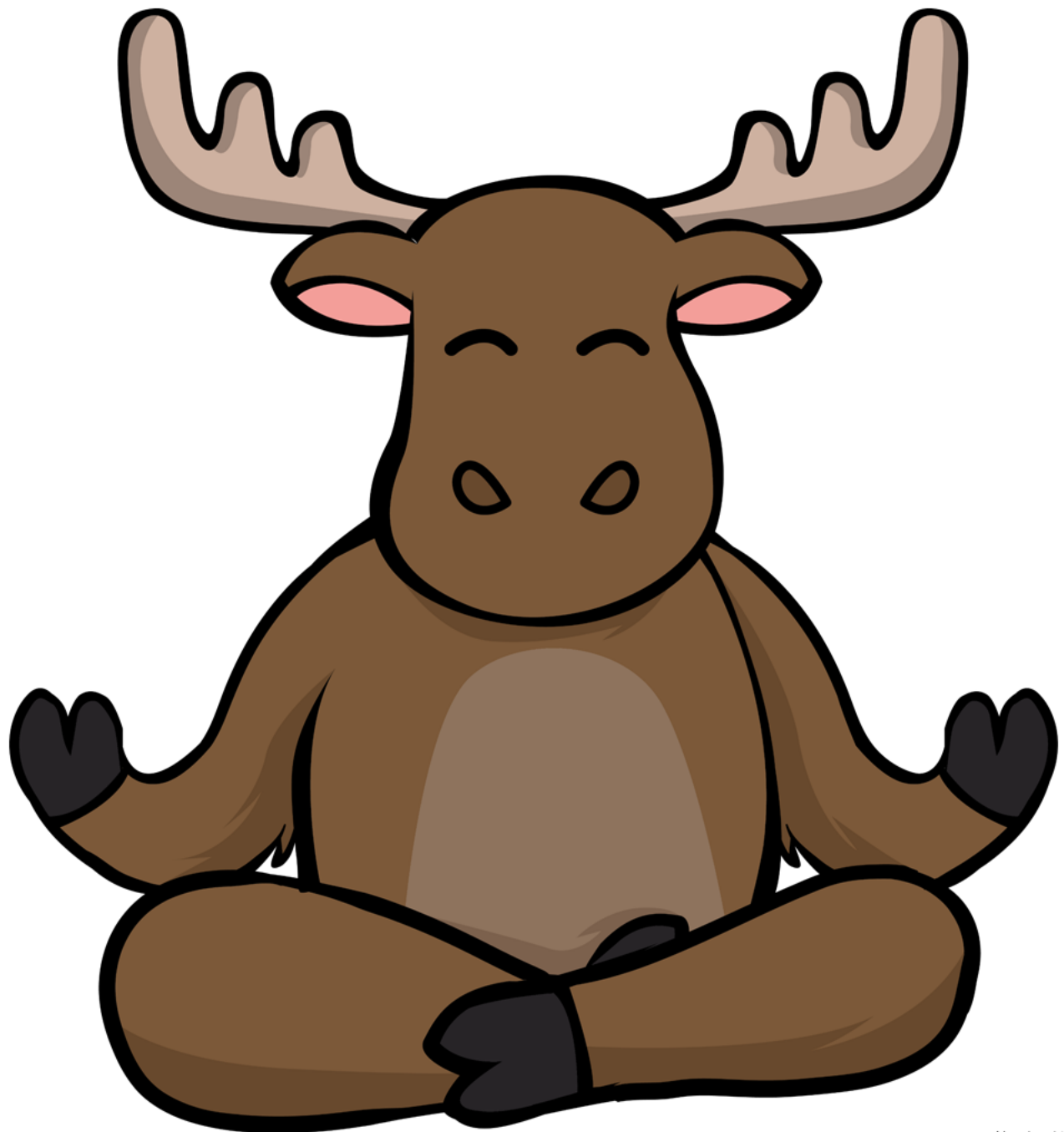
**I AM CALM
LIKE A PUPPY**



I AM CALM
LIKE A PIG



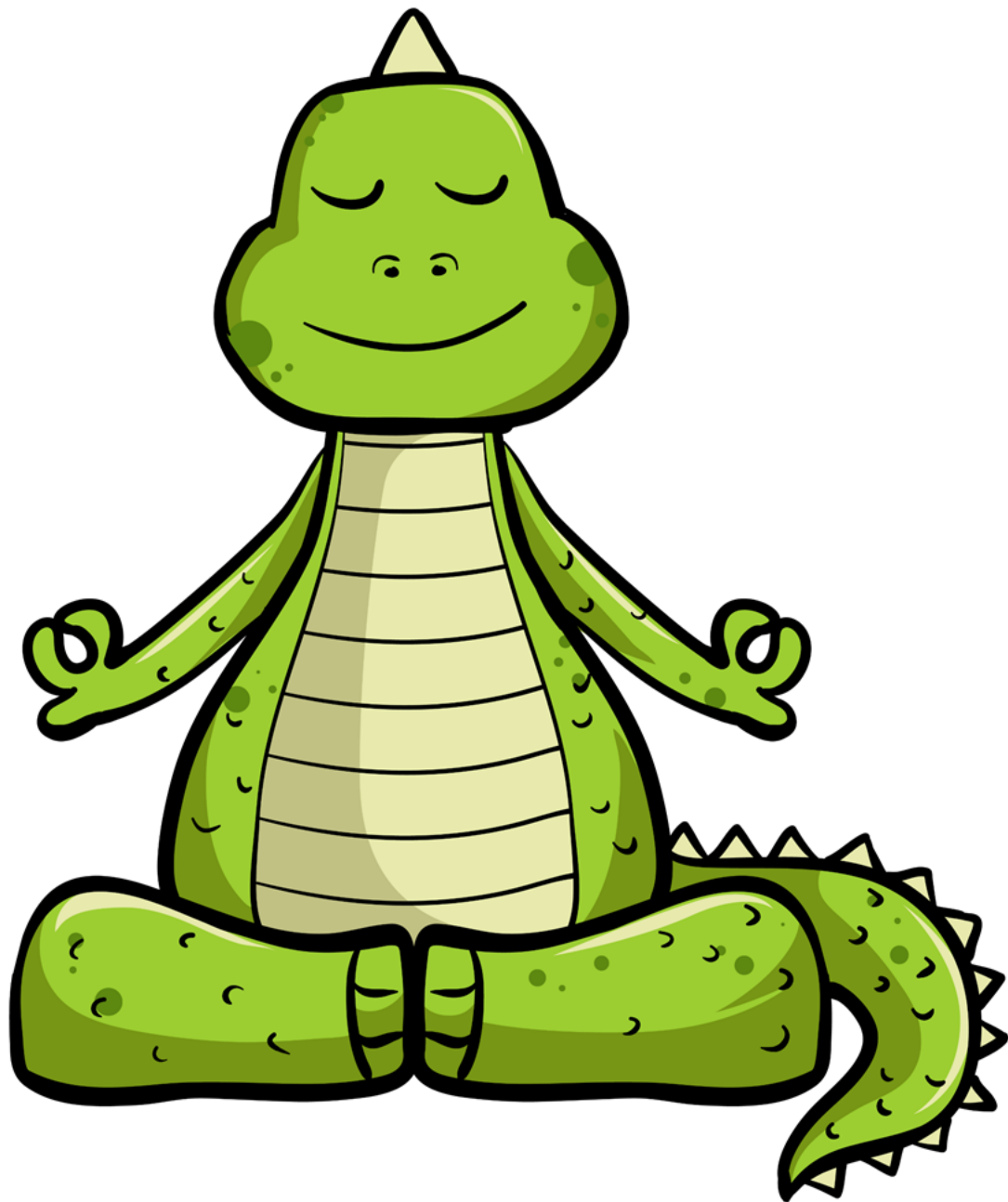
I AM CALM
LIKE A MOOSE



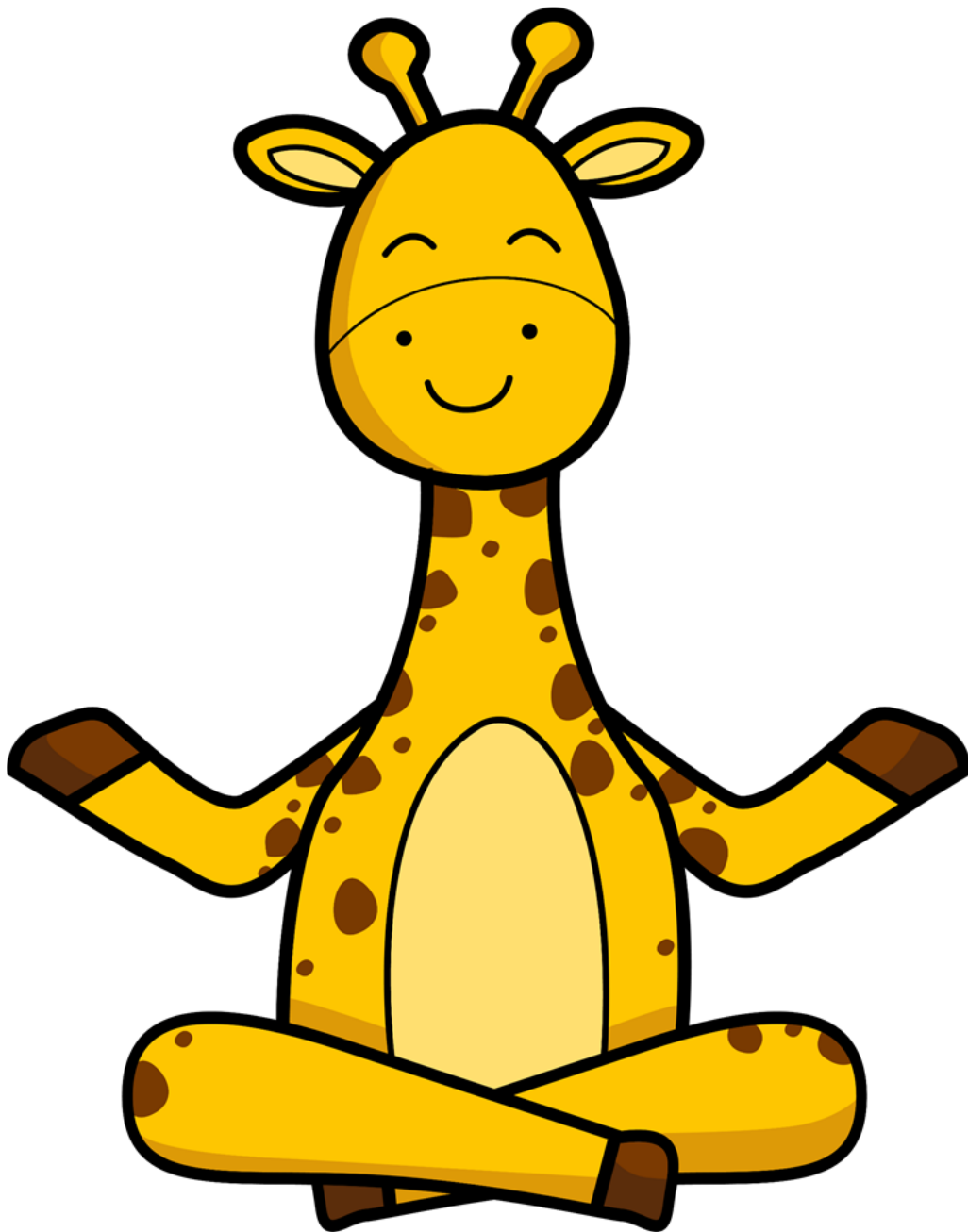
**I AM CALM
LIKE A FOX**



**I AM CALM
LIKE AN IGUANA**



**I AM CALM
LIKE A GIRAFFE**



**I AM CALM
LIKE AN OWL**



**I AM CALM
LIKE A PENGUIN**



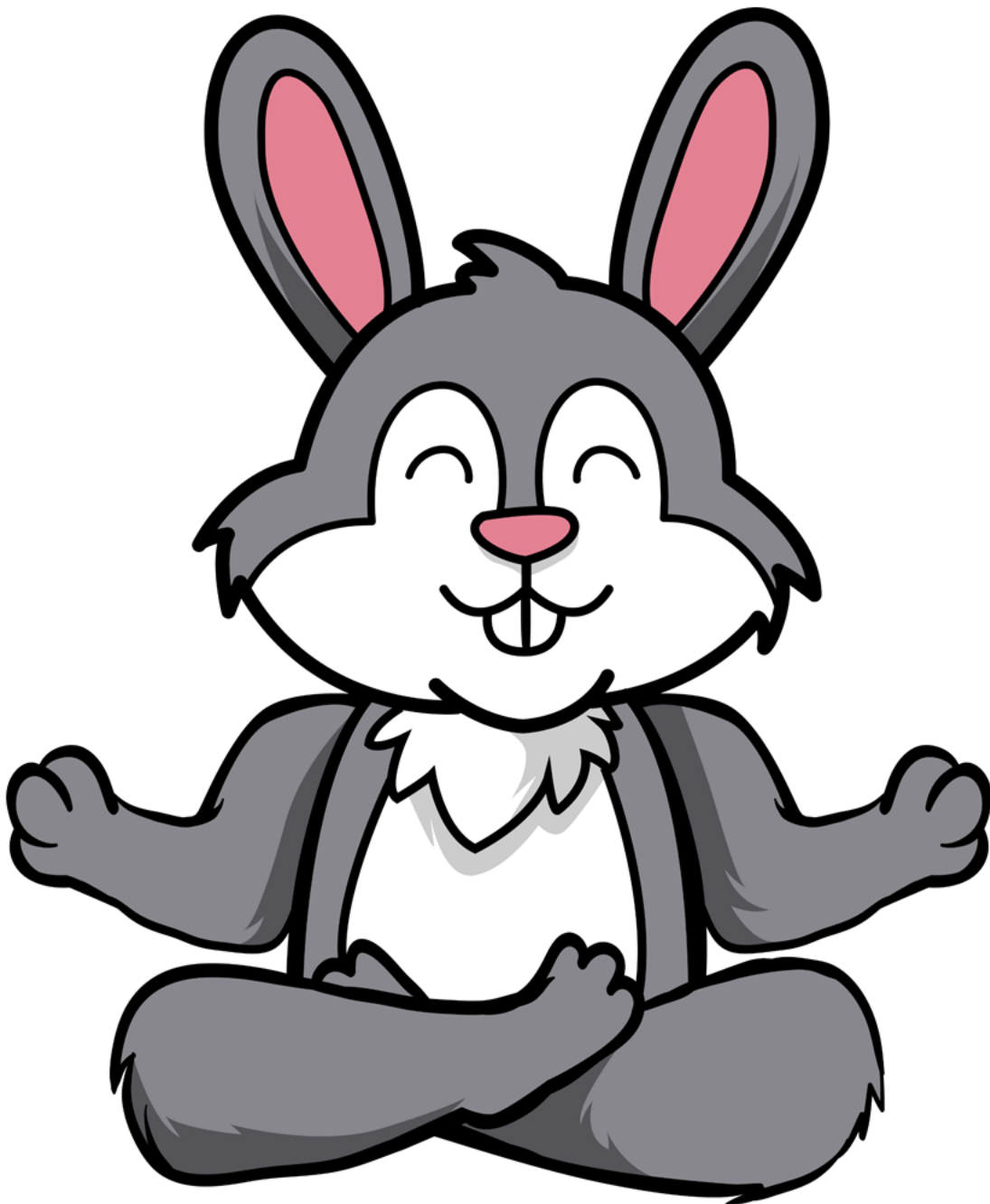
I AM CALM
LIKE A PANDA



I AM CALM
LIKE A LION



**I AM CALM
LIKE A BUNNY**



**I AM CALM
LIKE A UNICORN**



**I AM CALM
LIKE A SLOTH**

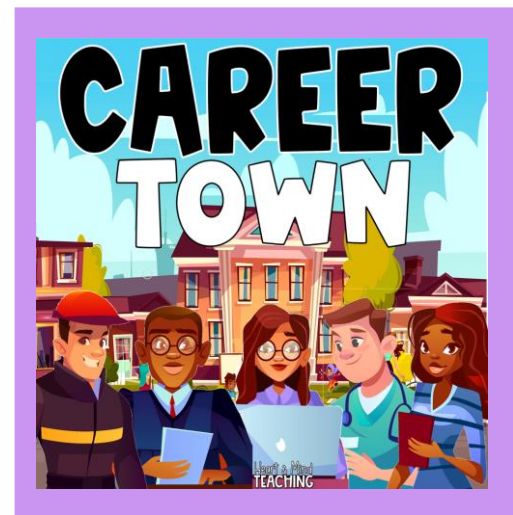
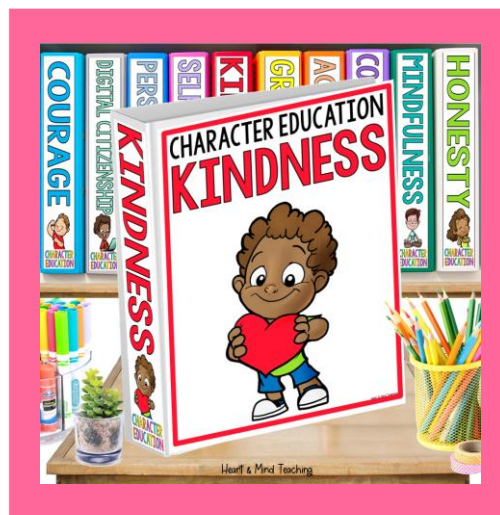
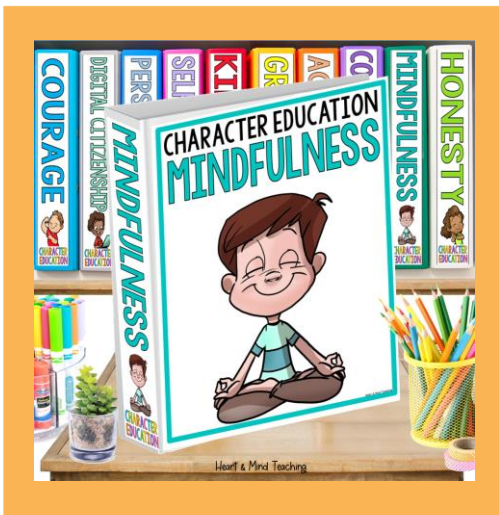
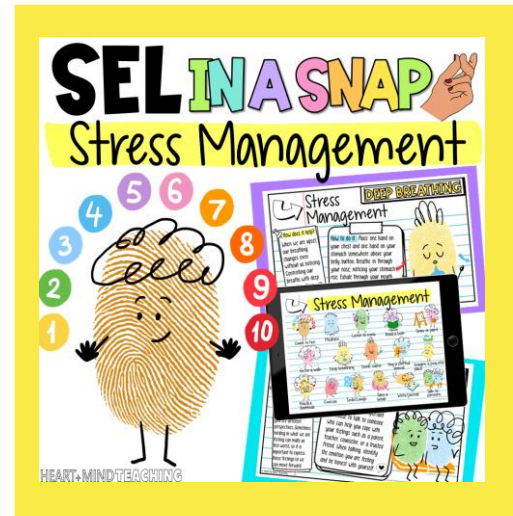
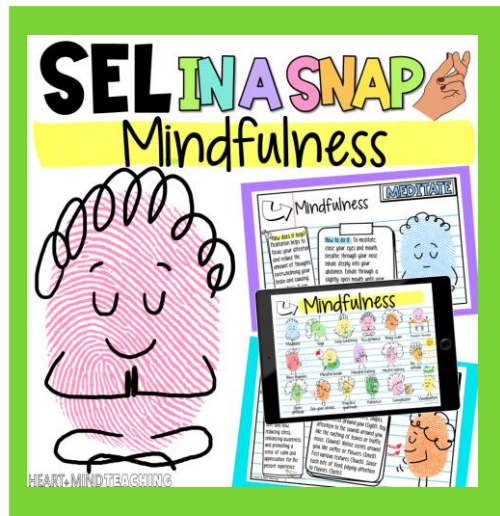


I AM CALM
LIKE A LLAMA



CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR
Collab
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER PERKS

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

LET'S BE FRIENDS

Ashley

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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

CREDITS

