

o MUSIC  city COUNSELOR

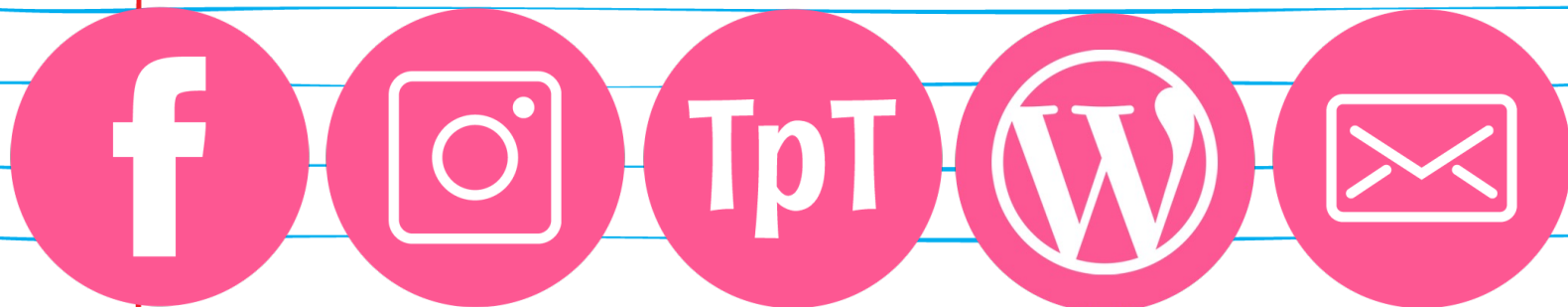
THANK YOU FOR YOUR PURCHASE!



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!

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

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

DIRECTIONS:

This resource includes 40 breathing exercise posters for children! It includes 10 posters for each of the 4 seasons, and all of the major holidays are represented.

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

The smaller quarter-page 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.

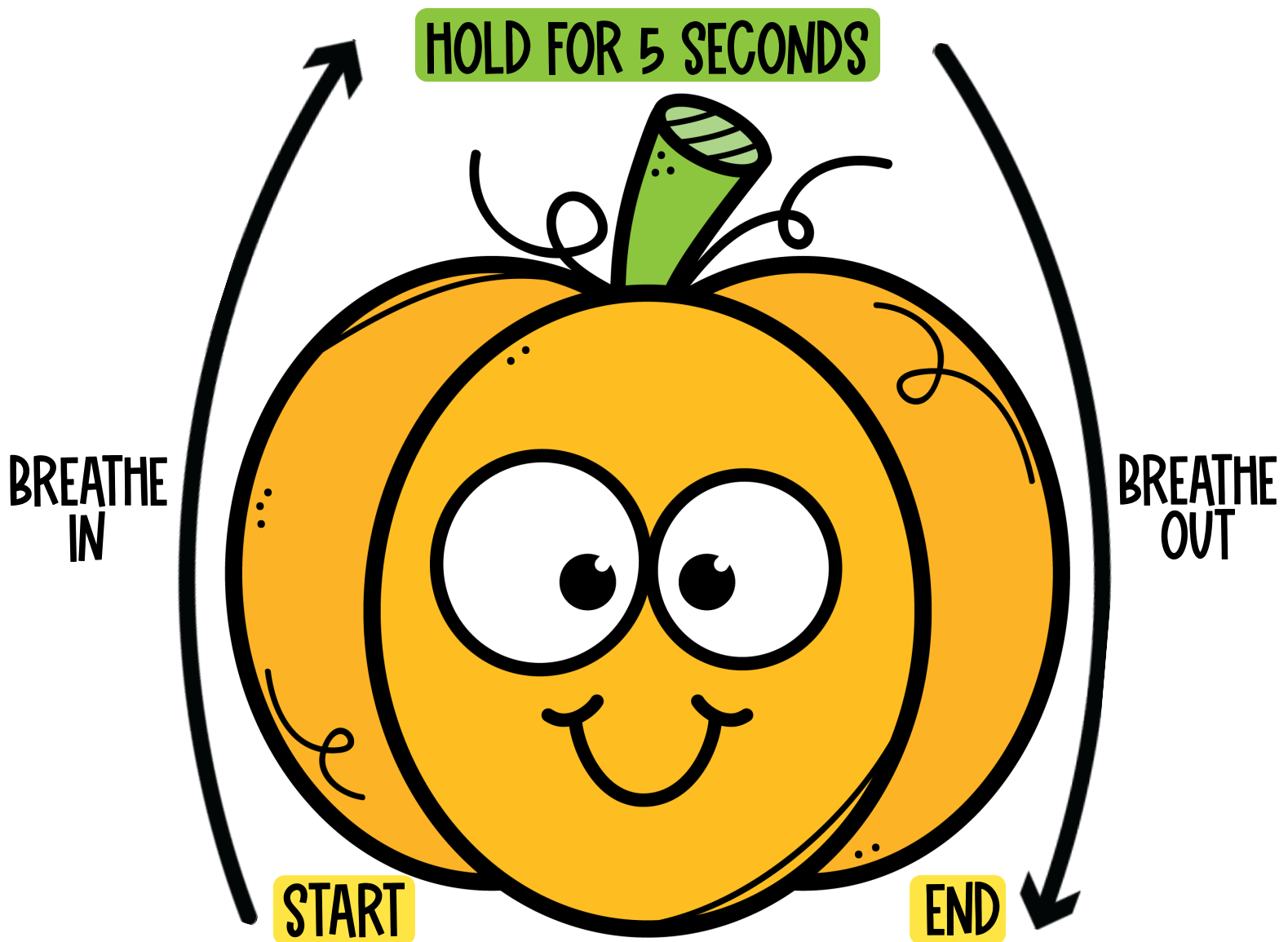
The black/white versions are great to use as coloring pages with students!

Questions? I'm here to help! Please contact me any time at laura@musiccitycounselor.com.

FALL

FALL PUMPKIN

Trace the lines of the pumpkin with your finger. As your finger traces up, breathe in. When you get to the stem, hold for 5 seconds. As your finger traces down, breathe out.



© Music City Counselor

BREATHING

AUTUMN LEAF

Trace the lines of the leaf with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

HOLD FOR 5 SECONDS

**BREATHE
IN**

**BREATHE
OUT**

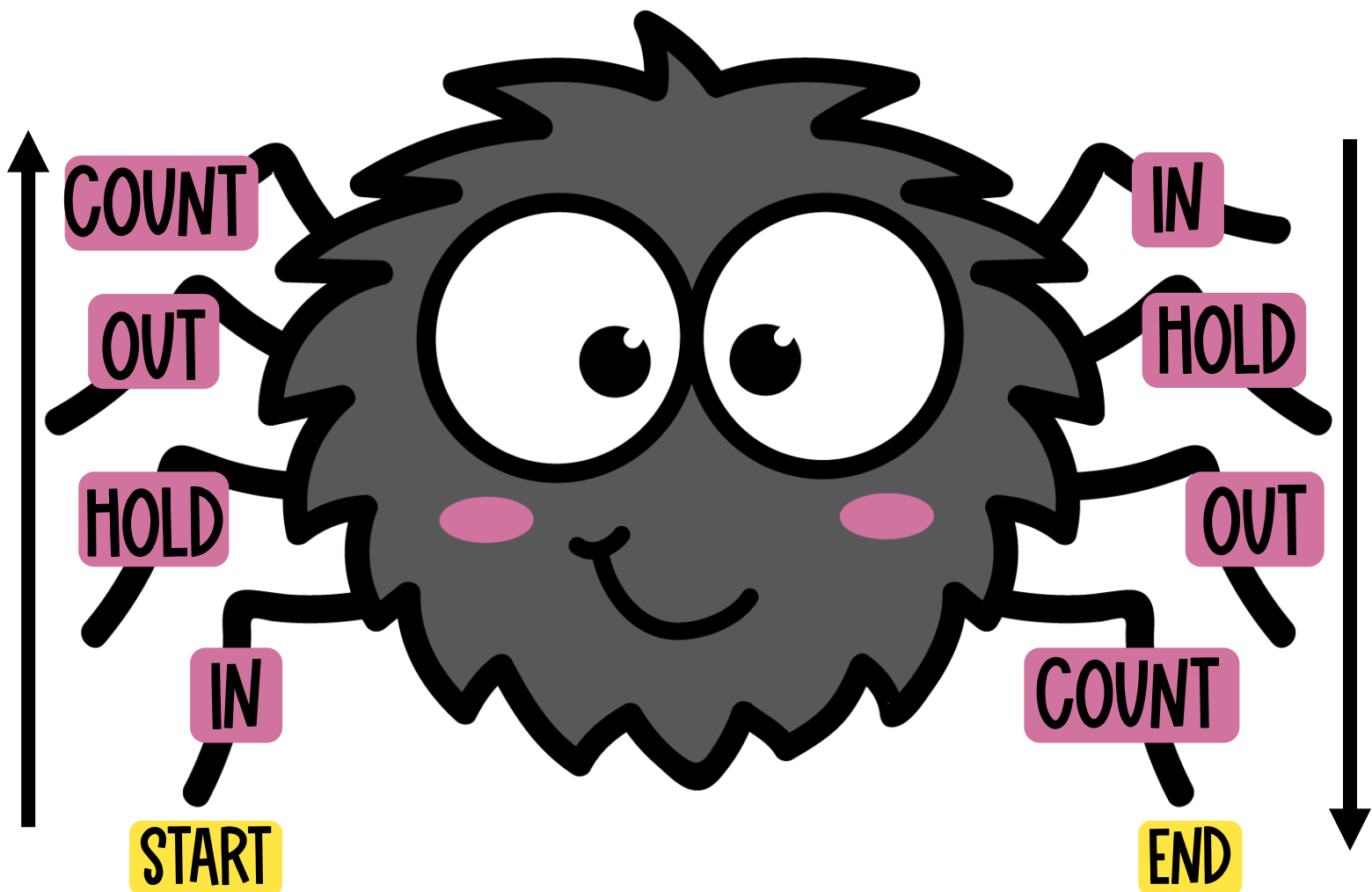
START

END

BREATHING

CREEPY SPIDER

Touch each of the spider's legs and follow the arrows. Practice breathing in, holding for 5 seconds, breathing out, and counting to 10.



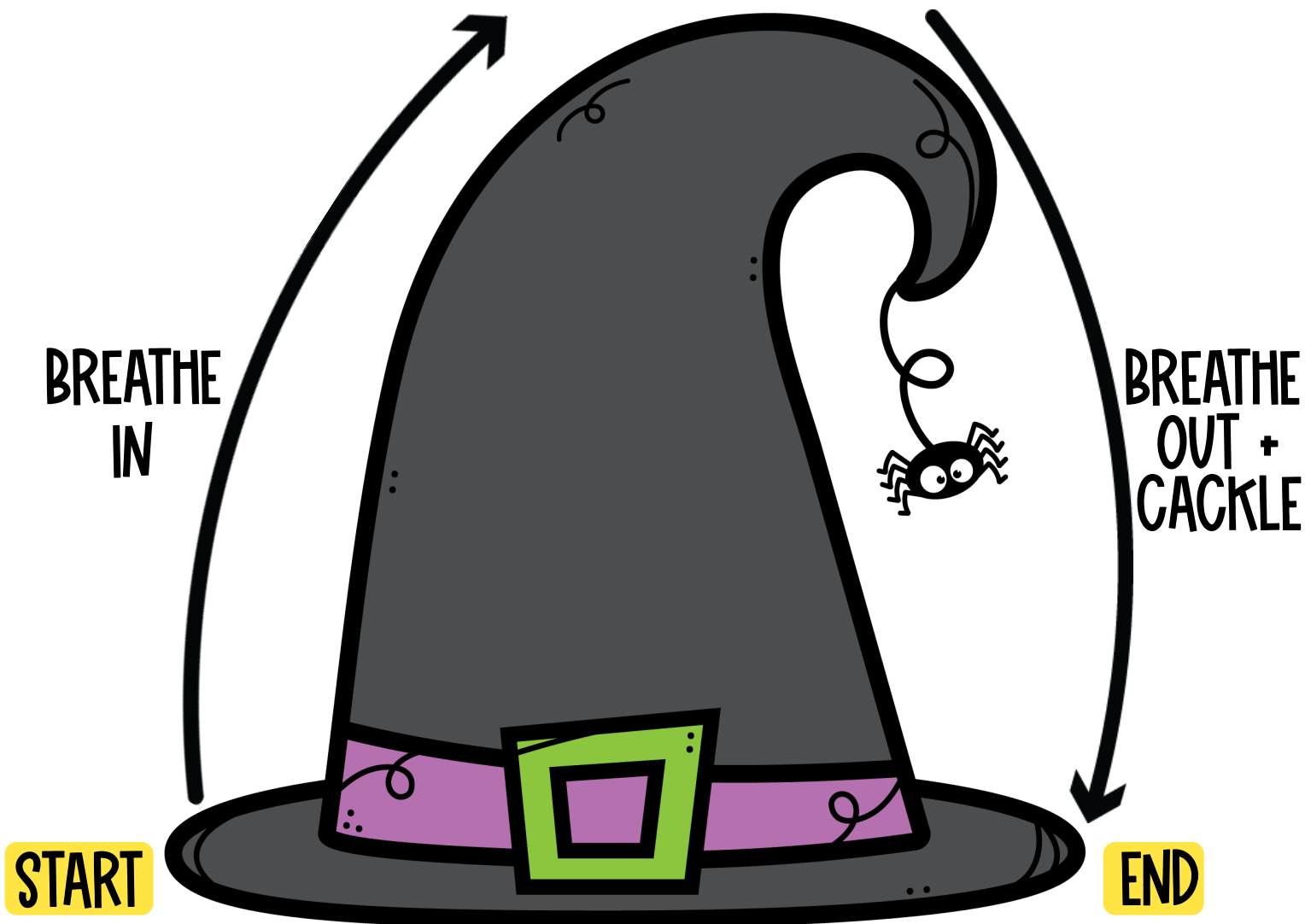
BREATHING

WITCH'S HAT

Trace the lines of the witch's hat with your finger.

As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out and cackle like a witch.

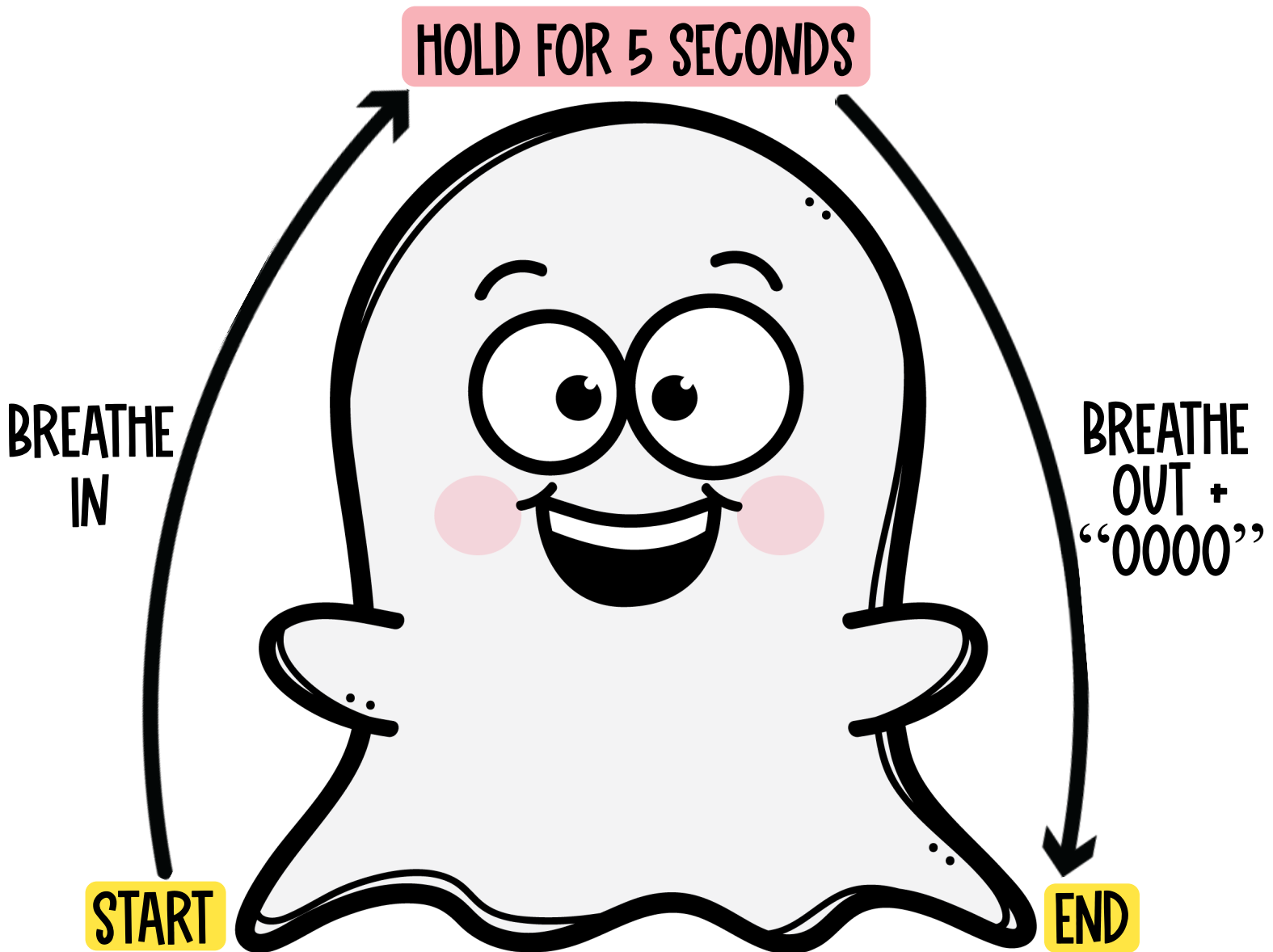
HOLD FOR 5 SECONDS



BREATHING

FRIENDLY GHOST

Trace the lines of the ghost with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out and make an, "Oooooooooo" sound.



© Music City Counselor

BREATHING

SPOOKY BAT

Pretend you are a bat and stick your arms out like flappy wings. Breathe in as you raise your wings up to the sky. Breathe out as you lower your wings down to your sides.

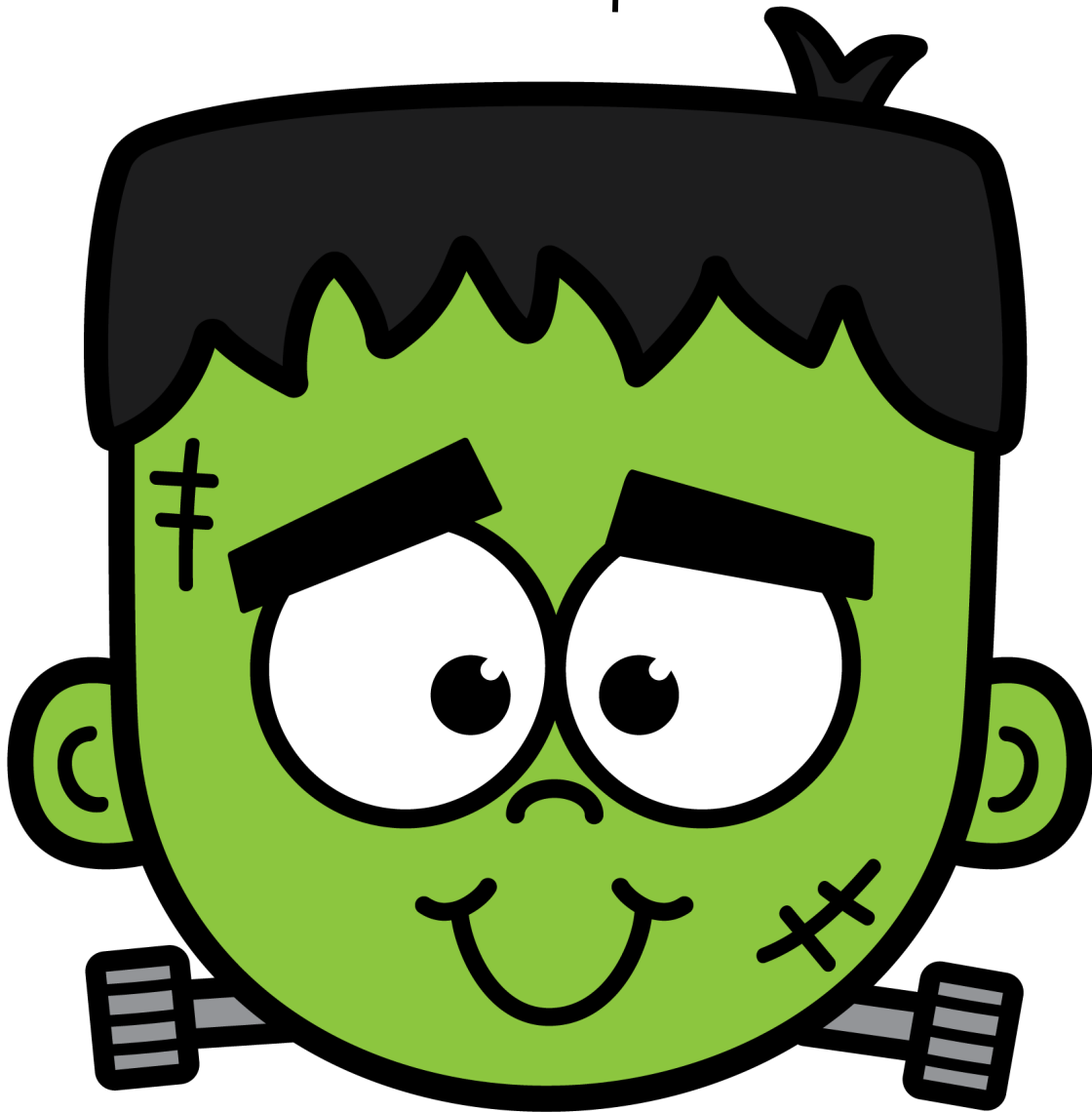


BREATHING

© Music City Counselor

MONSTER

Stick your arms straight out in front of you like Frankenstein. As you breathe in, take 3 "monster steps" forwards. As you breathe out, take 3 "monster steps" backwards.



BREATHING

WITCH'S BREW

Pretend you are a witch stirring your cauldron.

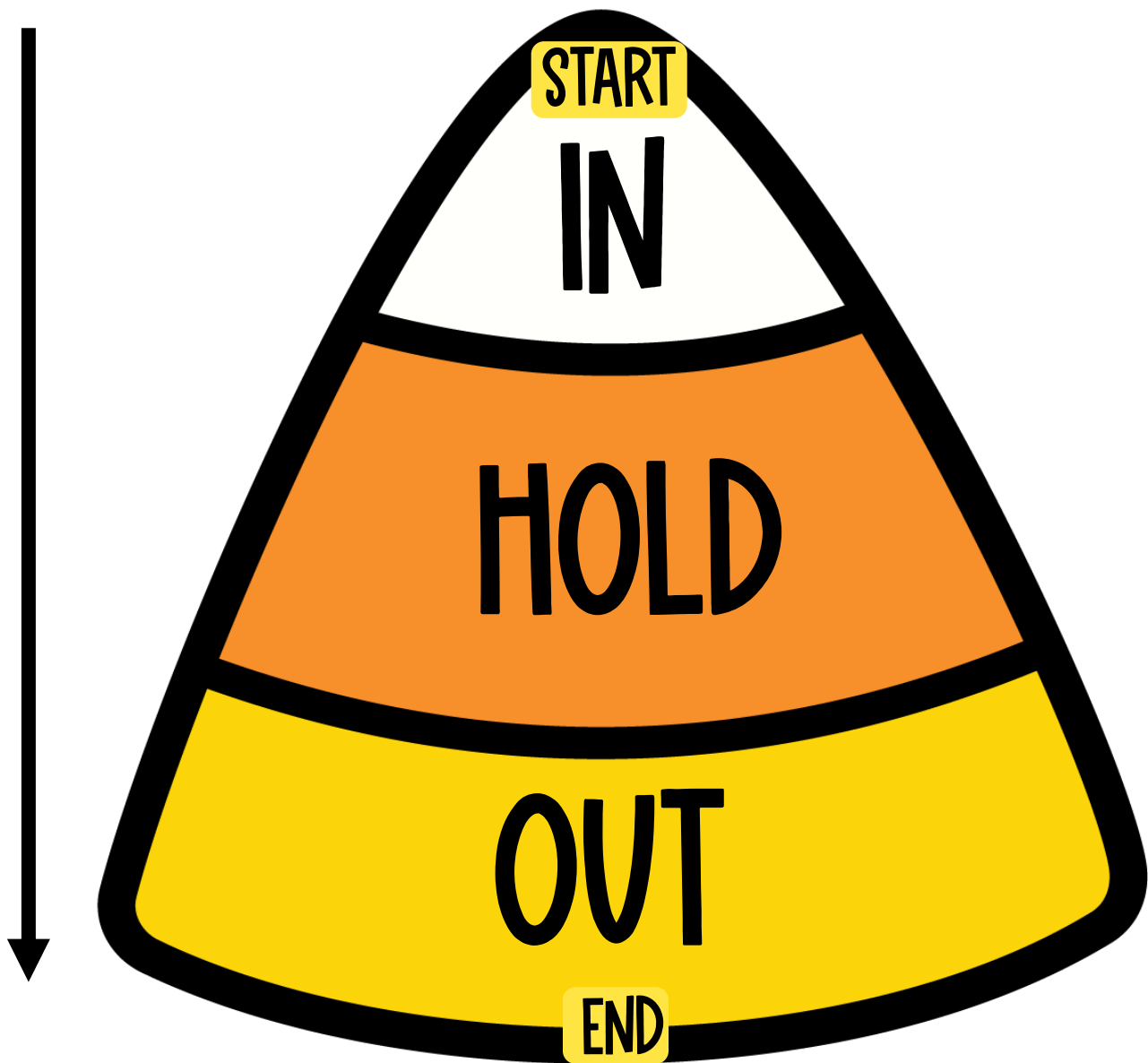
Take a deep breath in and "stir" your brew clockwise. Then, take a deep breath out and "stir" your brew counter-clockwise.



BREATHING

CANDY CORN

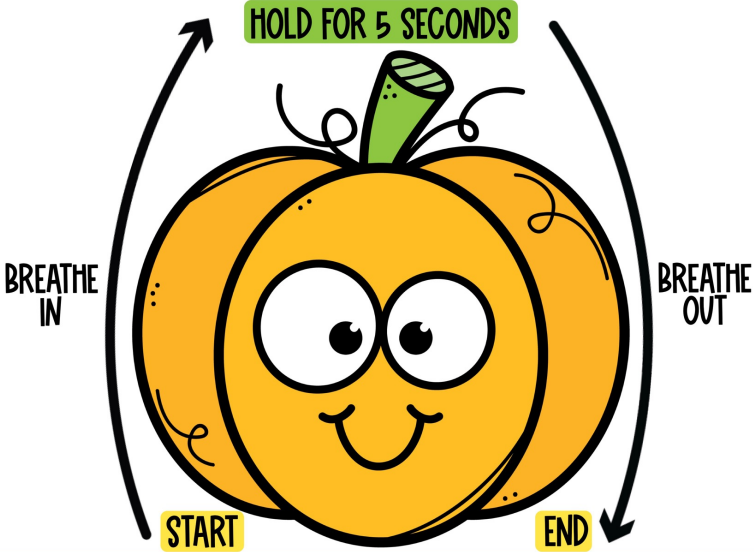
Touch each color of the candy corn and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

FALL PUMPKIN

Trace the lines of the pumpkin with your finger. As your finger traces up, breathe in. When you get to the stem, hold for 5 seconds. As your finger traces down, breathe out.

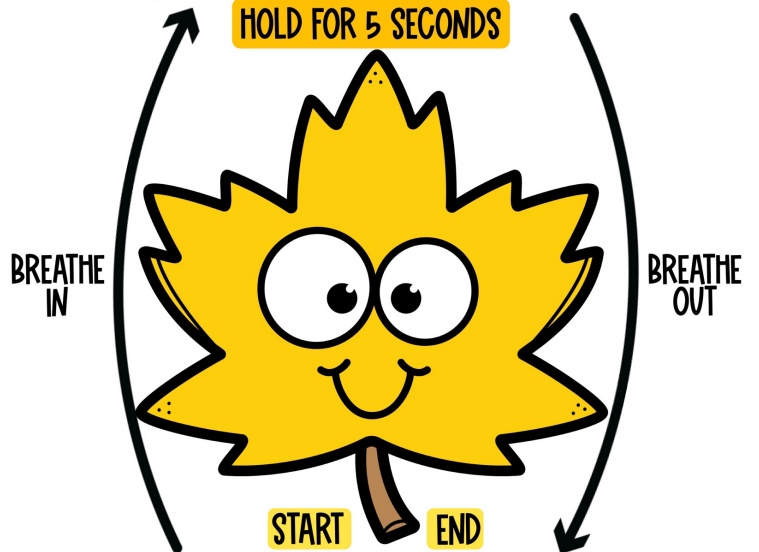


BREATHING

© Music City Counselor

AUTUMN LEAF

Trace the lines of the leaf with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

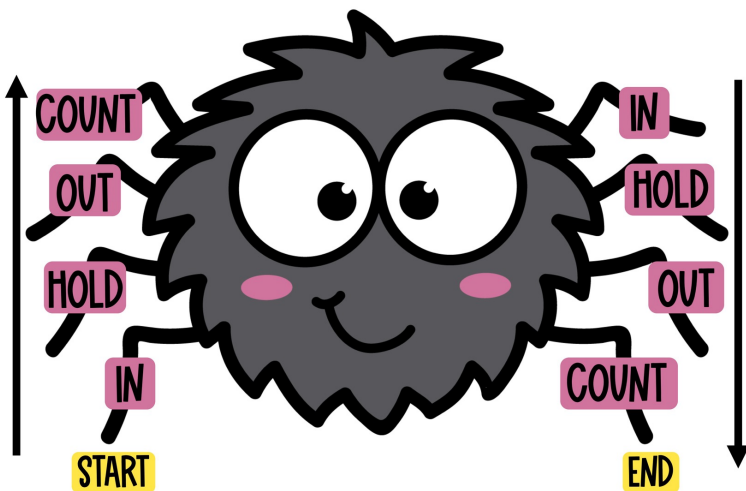


BREATHING

© Music City Counselor

CREEPY SPIDER

Touch each of the spider's legs and follow the arrows. Practice breathing in, holding for 5 seconds, breathing out, and counting to 10.

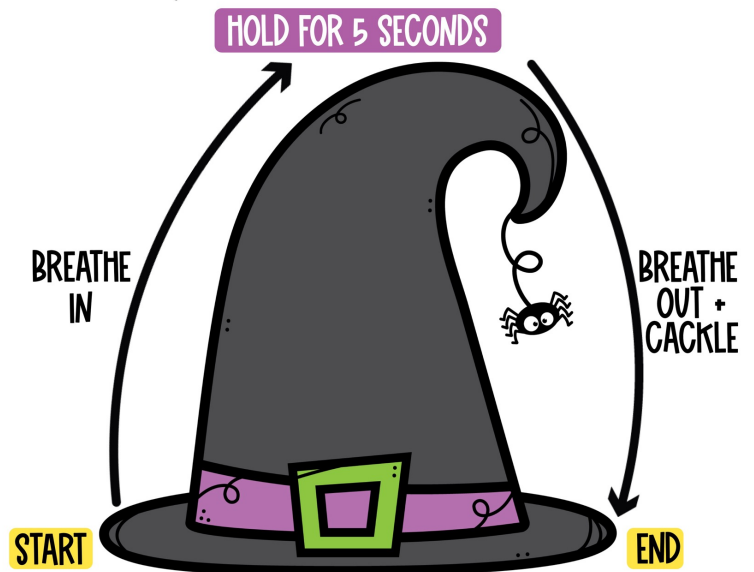


BREATHING

© Music City Counselor

WITCH'S HAT

Trace the lines of the witch's hat with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out and cackle like a witch.

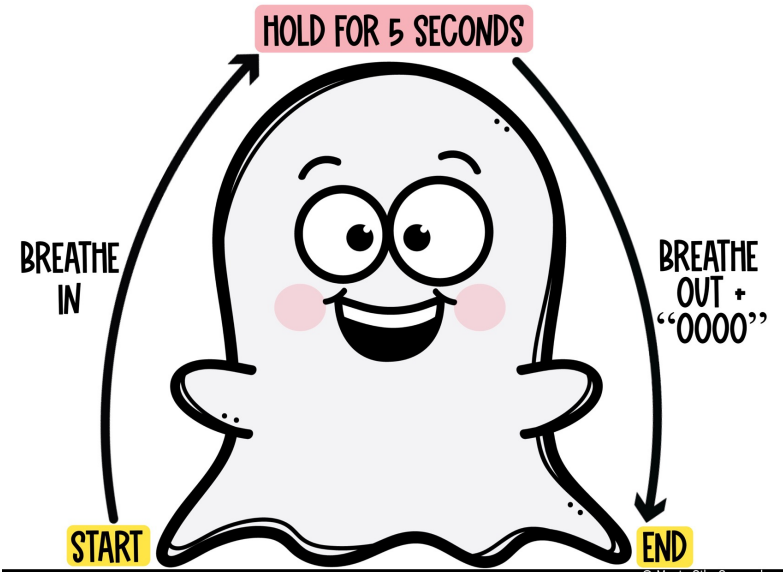


BREATHING

© Music City Counselor

FRIENDLY GHOST

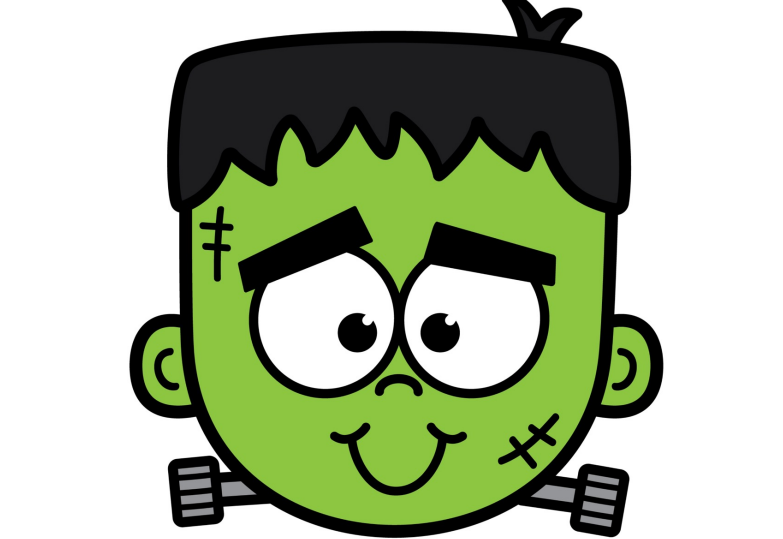
Trace the lines of the ghost with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out and make an, "Ooooooo" sound.



BREATHING

MONSTER

Stick your arms straight out in front of you like Frankenstein. As you breathe in, take 3 "monster steps" forwards. As you breathe out, take 3 "monster steps" backwards.



BREATHING

SPOOKY BAT

Pretend you are a bat and stick your arms out like flappy wings. Breathe in as you raise your wings up to the sky. Breathe out as you lower your wings down to your sides.



BREATHING

WITCH'S BREW

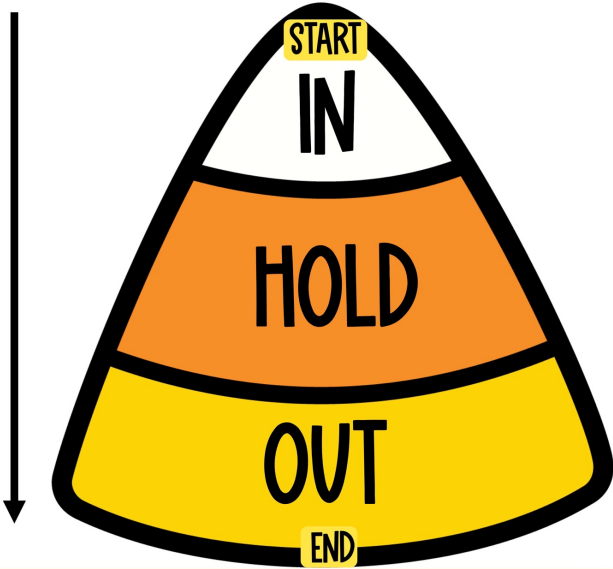
Pretend you are a witch stirring your cauldron. Take a deep breath in and "stir" your brew clockwise. Then, take a deep breath out and "stir" your brew counter-clockwise.



BREATHING

CANDY CORN

Touch each color of the candy corn and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.

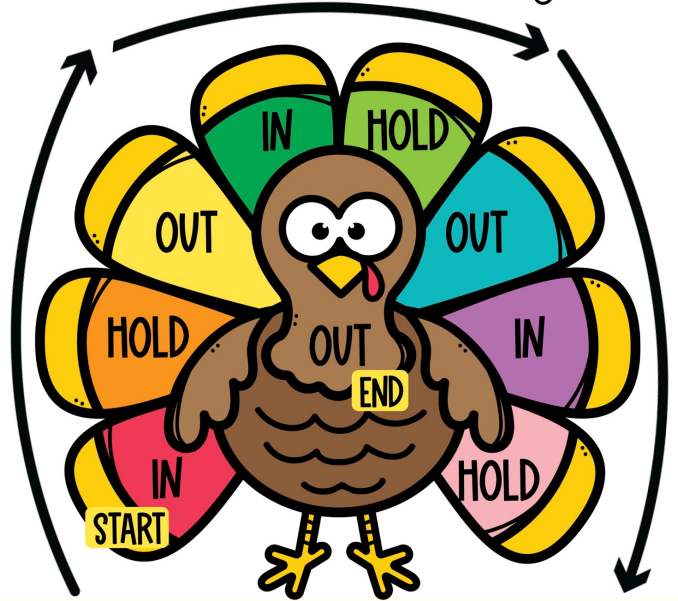


© Music City Counselor

BREATHING

TURKEY

Touch each feather on the turkey and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.

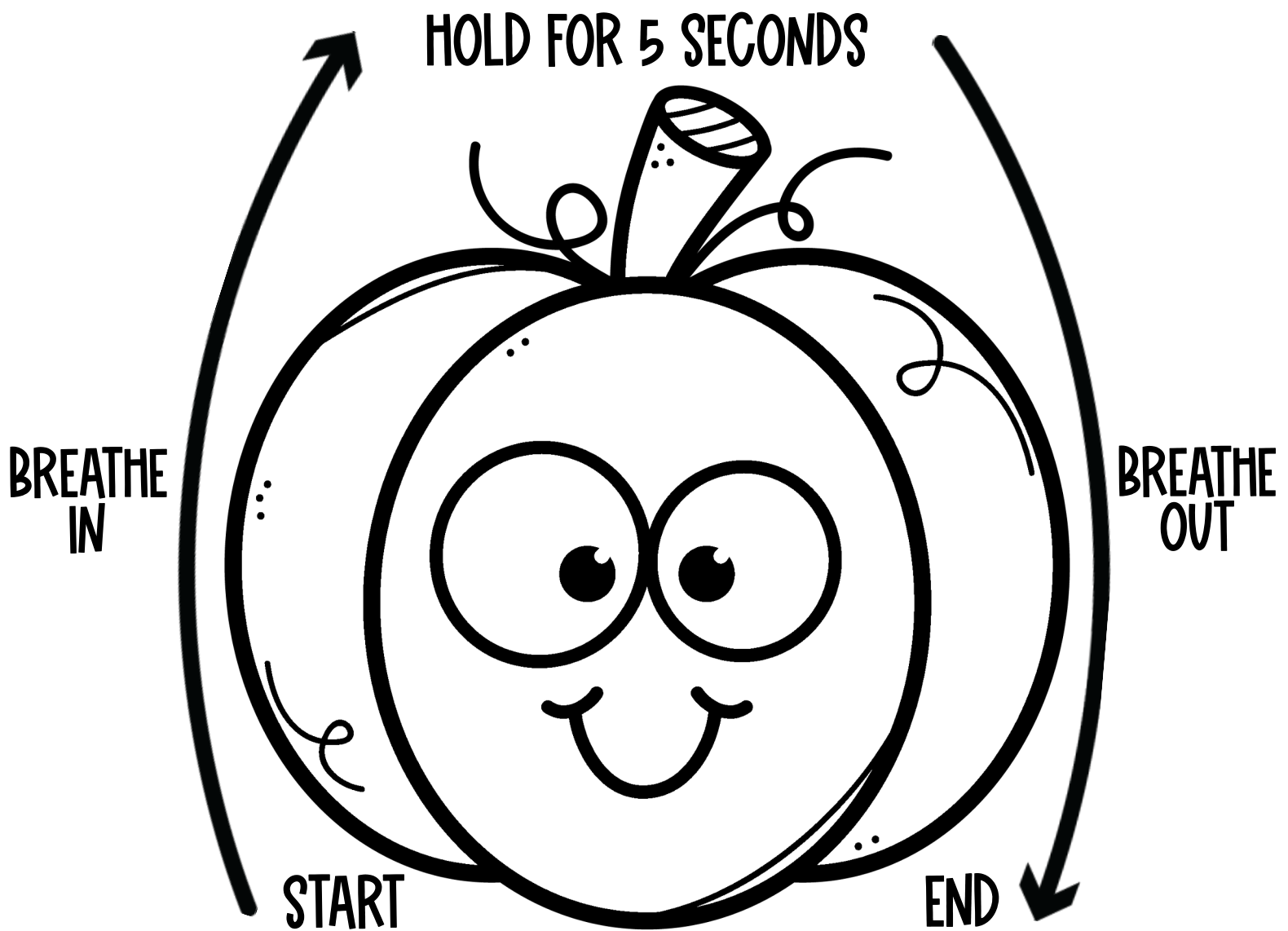


© Music City Counselor

BREATHING

FALL PUMPKIN

Trace the lines of the pumpkin with your finger. As your finger traces up, breathe in. When you get to the stem, hold for 5 seconds. As your finger traces down, breathe out.



BREATHING

AUTUMN LEAF

Trace the lines of the leaf with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

HOLD FOR 5 SECONDS

BREATHE
IN

BREATHE
OUT

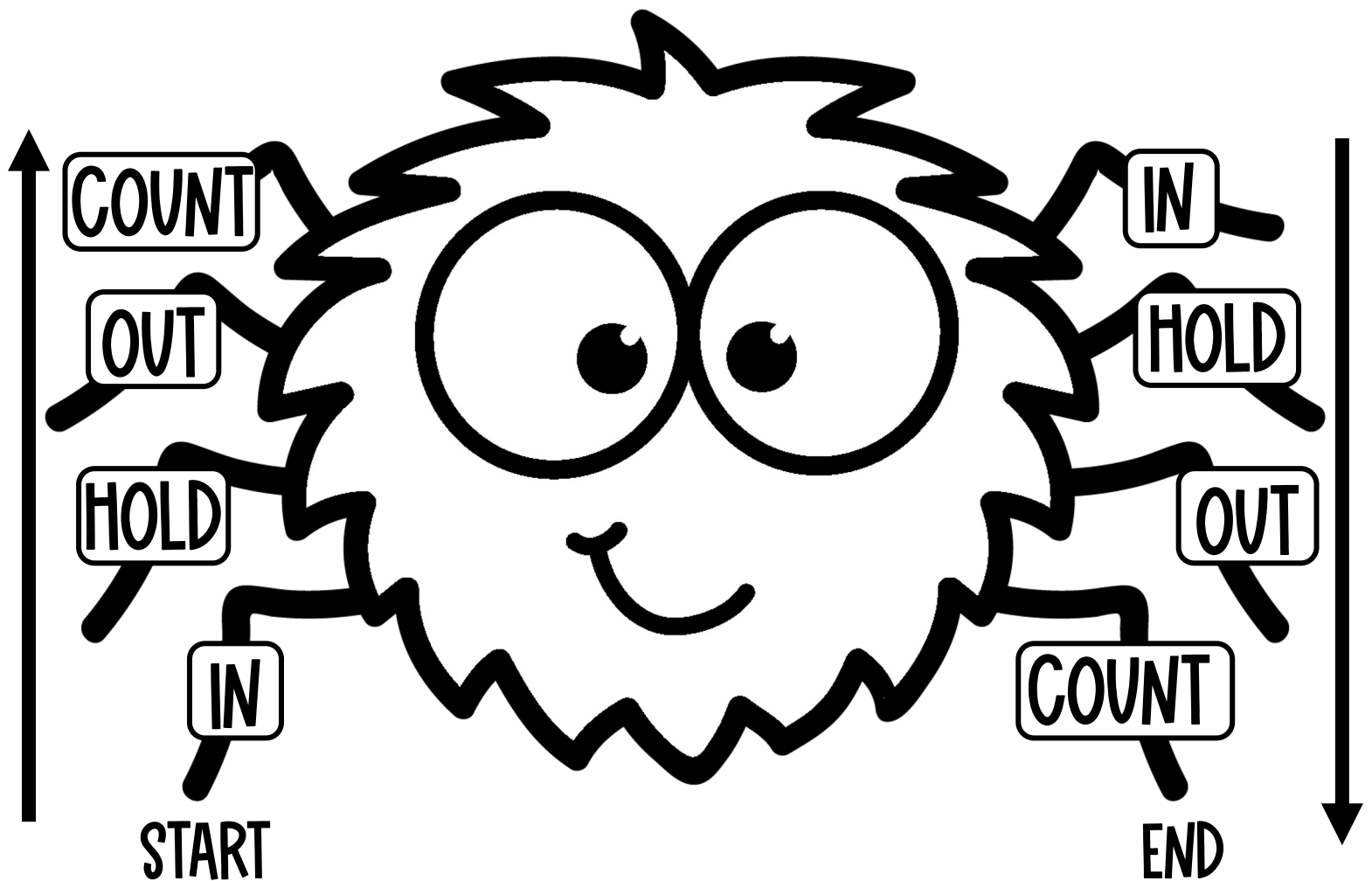
START

END

BREATHING

CREEPY SPIDER

Touch each of the spider's legs and follow the arrows. Practice breathing in, holding for 5 seconds, breathing out, and counting to 10.



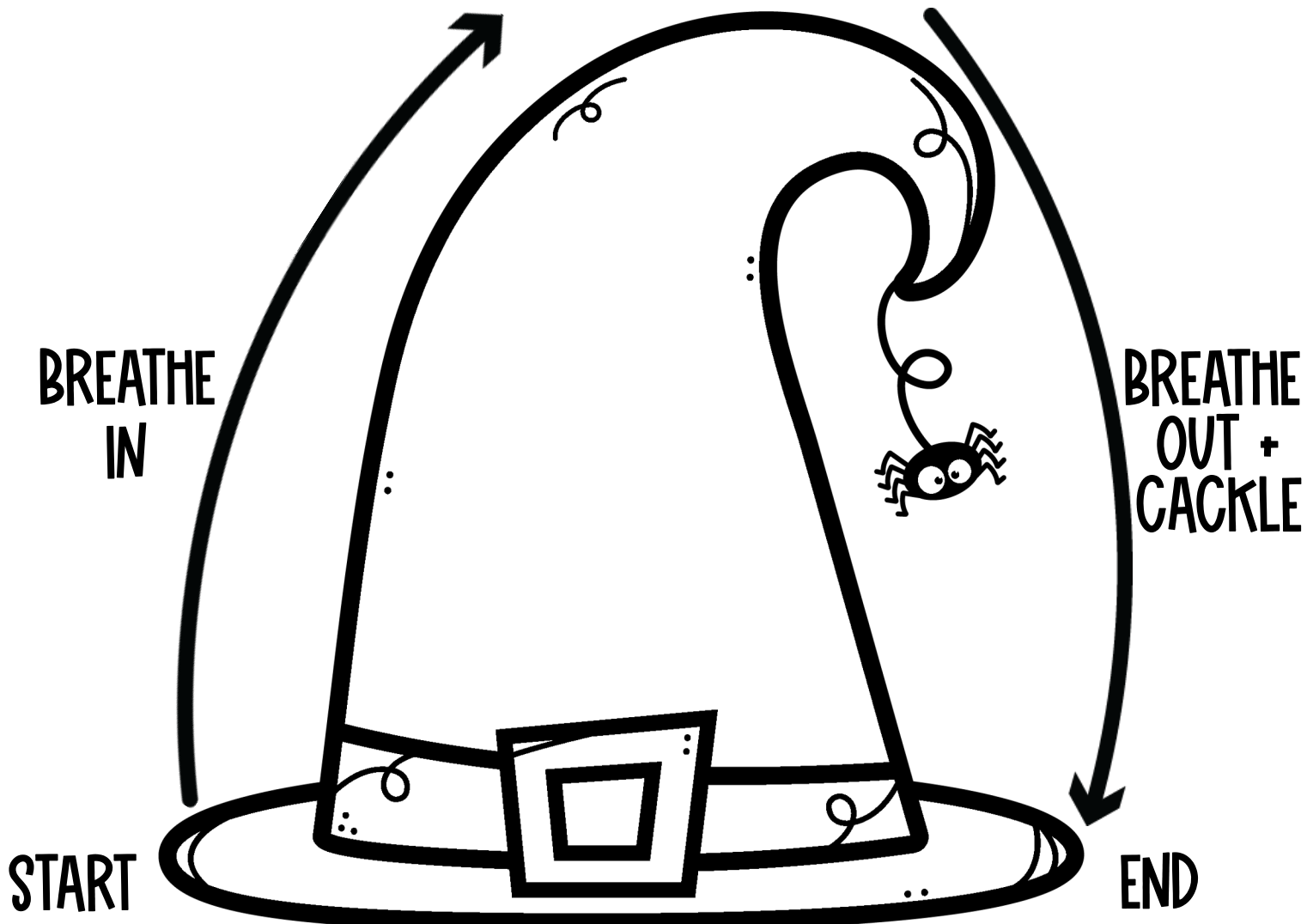
BREATHING

WITCH'S HAT

Trace the lines of the witch's hat with your finger.

As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out and cackle like a witch.

HOLD FOR 5 SECONDS

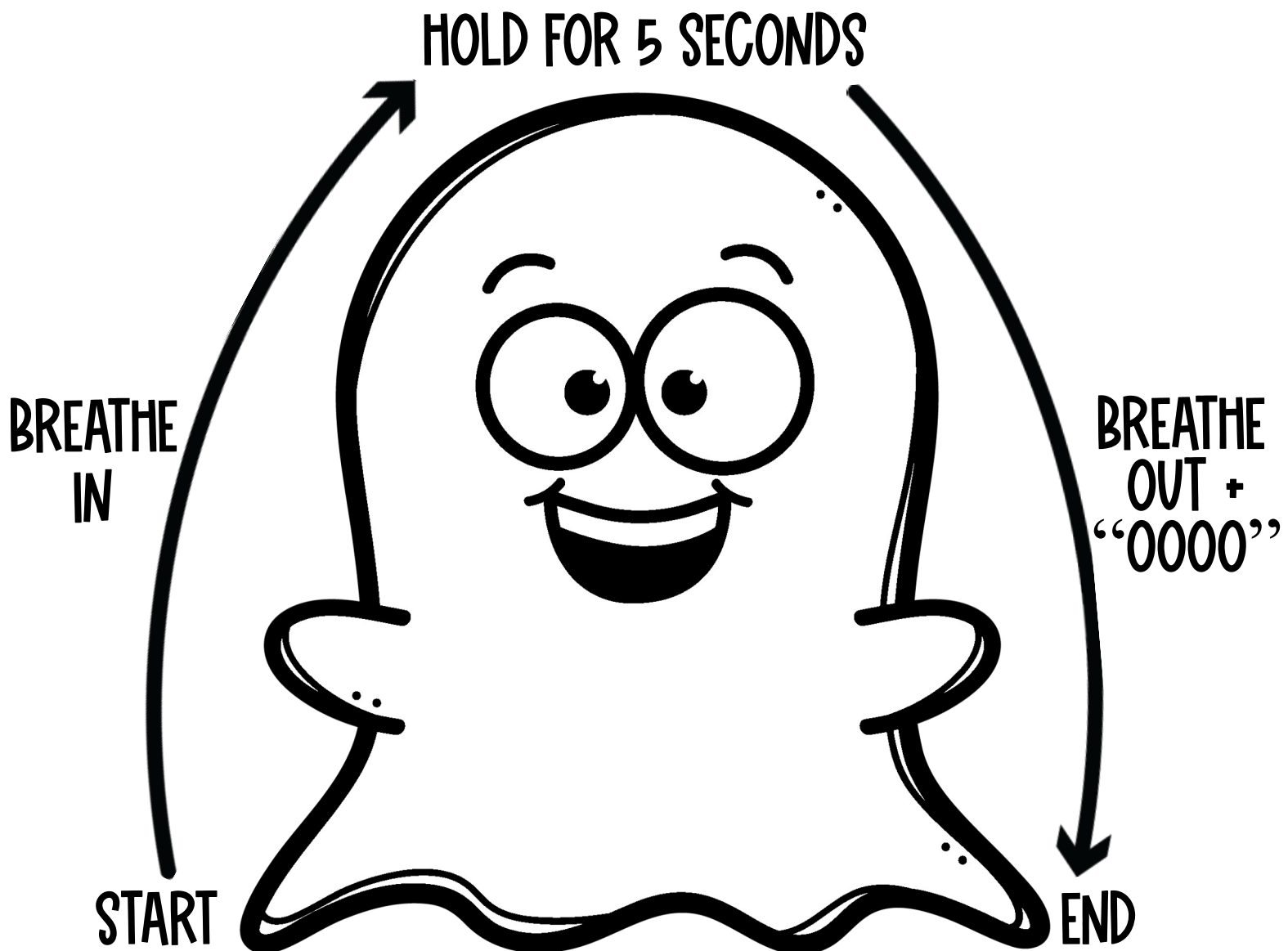


© Music City Counselor

BREATHING

FRIENDLY GHOST

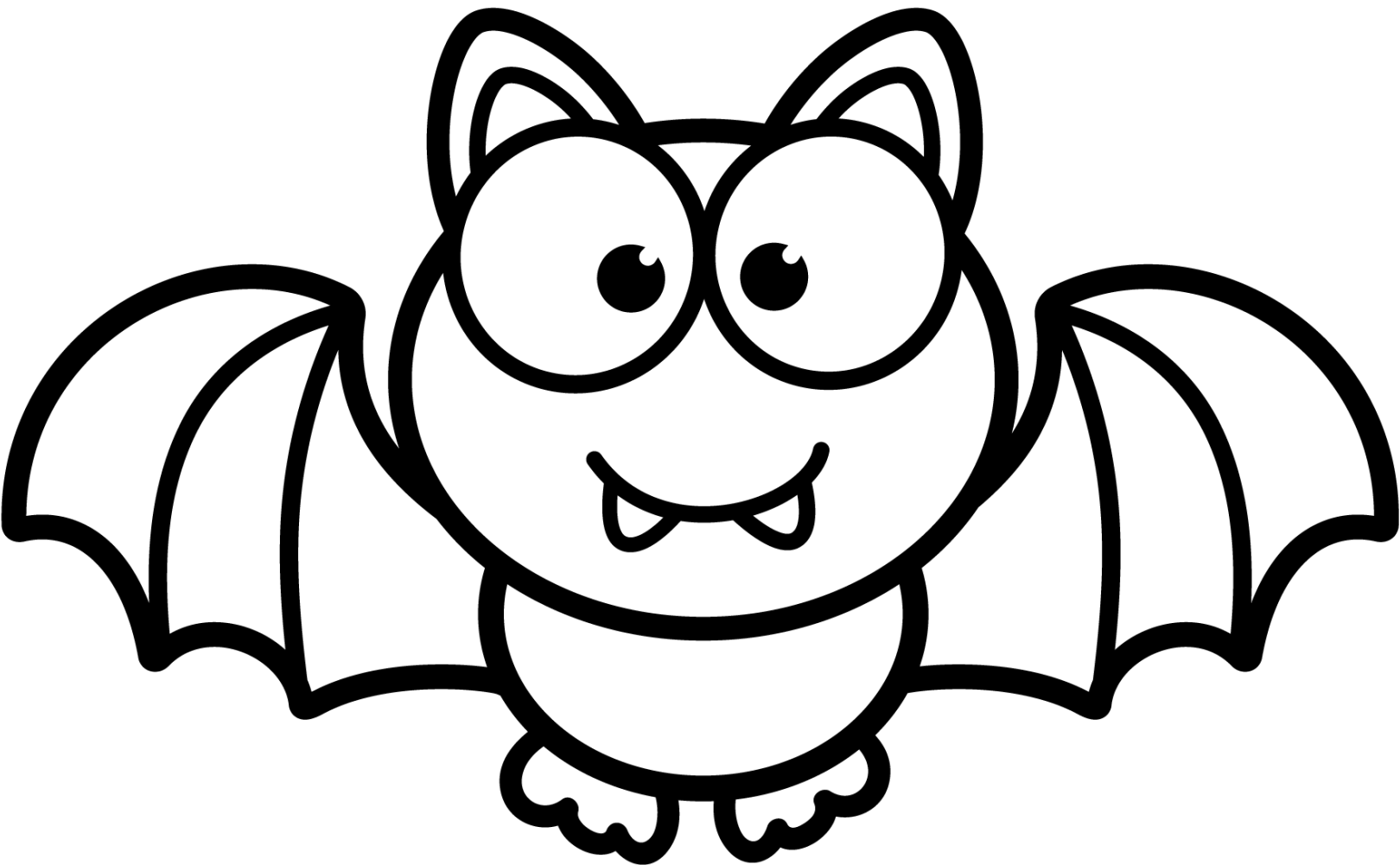
Trace the lines of the ghost with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out and make an, "Oooooooooo" sound.



BREATHING

SPOOKY BAT

Pretend you are a bat and stick your arms out like flappy wings. Breathe in as you raise your wings up to the sky. Breathe out as you lower your wings down to your sides.

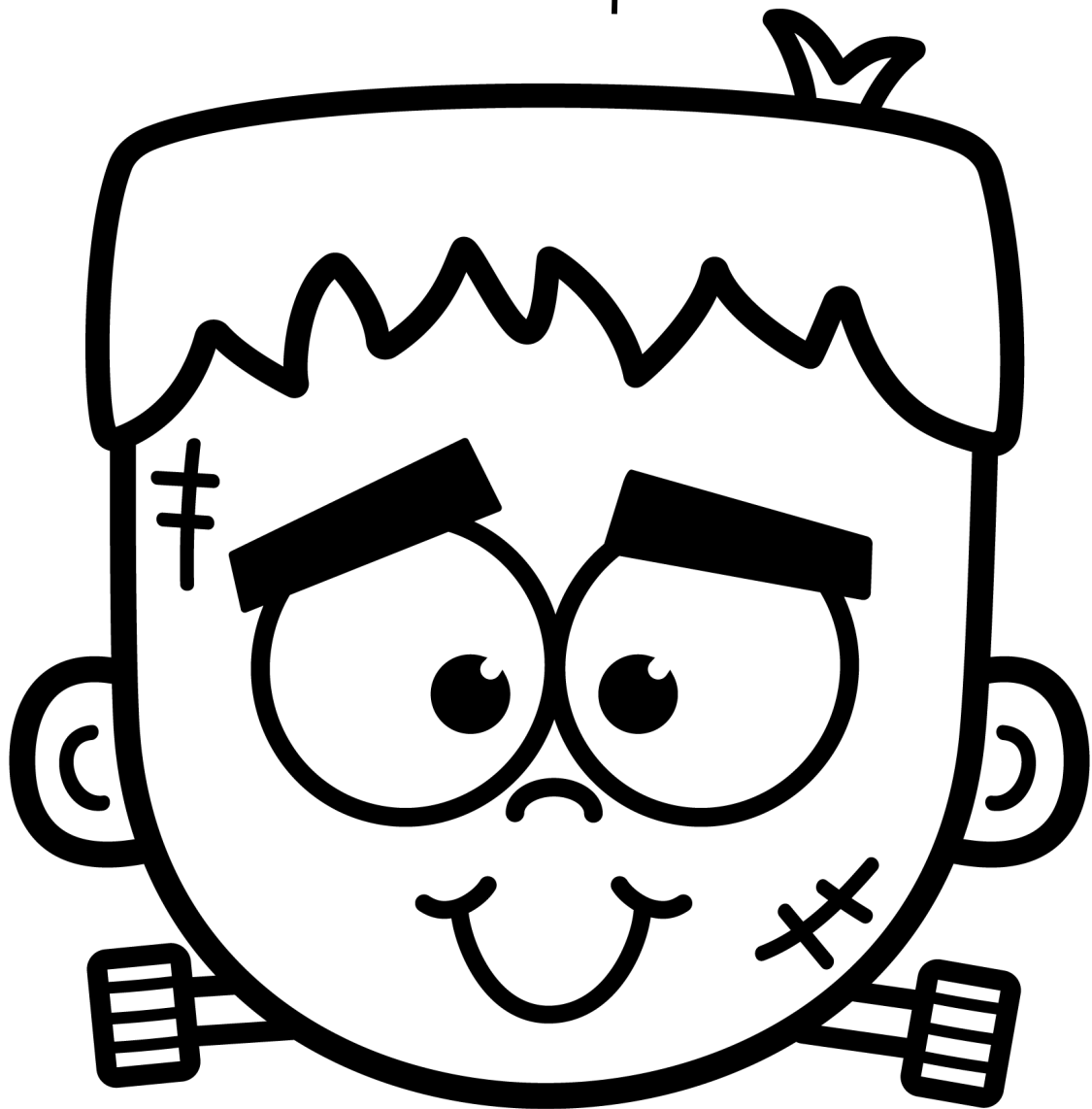


BREATHING

© Music City Counselor

MONSTER

Stick your arms straight out in front of you like Frankenstein. As you breathe in, take 3 "monster steps" forwards. As you breathe out, take 3 "monster steps" backwards.



BREATHING

WITCH'S BREW

Pretend you are a witch stirring your cauldron.

Take a deep breath in and "stir" your brew clockwise. Then, take a deep breath out and "stir" your brew counter-clockwise.

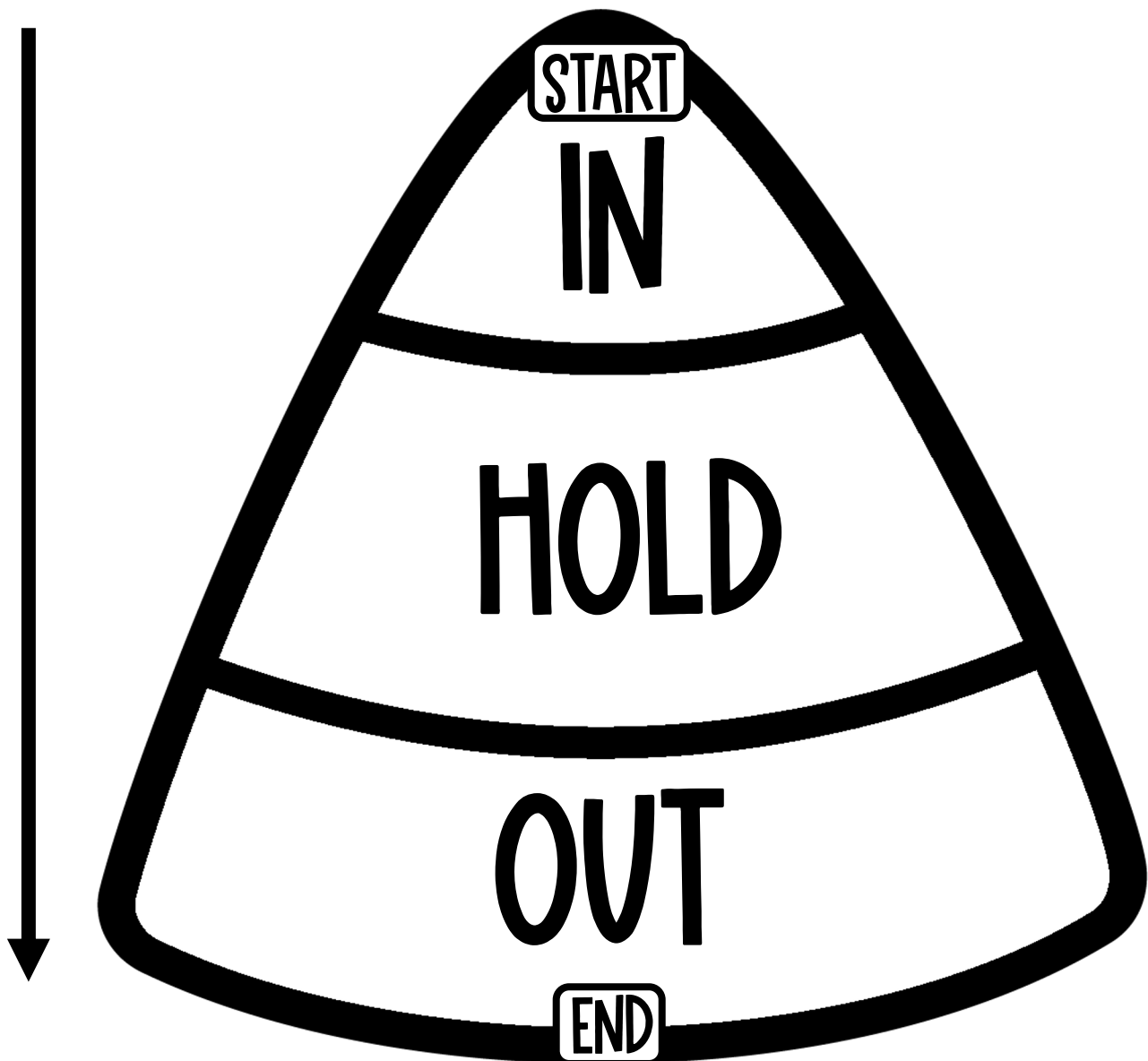


© Music City Counselor

BREATHING

CANDY CORN

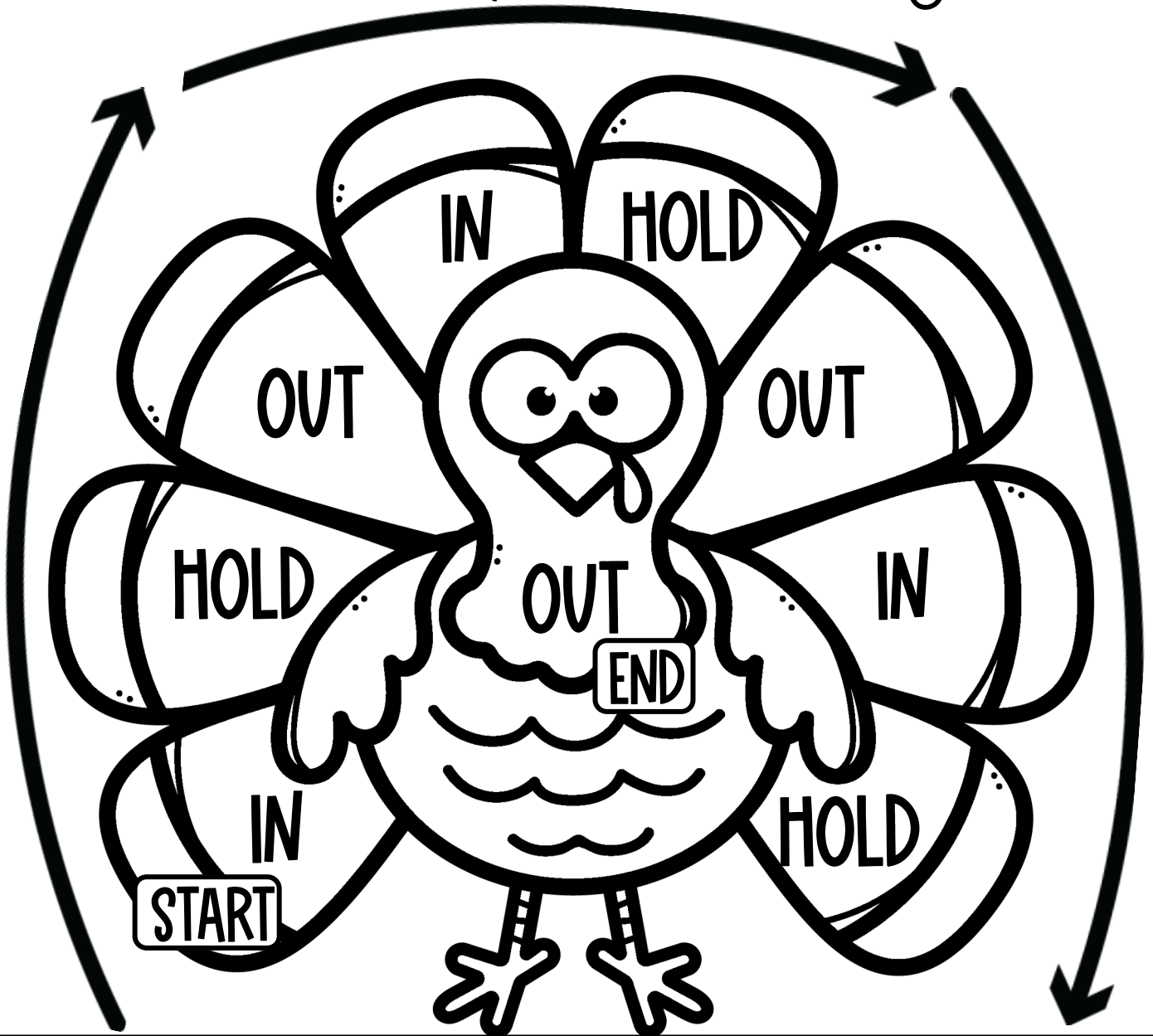
Touch each color of the candy corn and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

TURKEY

Touch each feather on the turkey and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



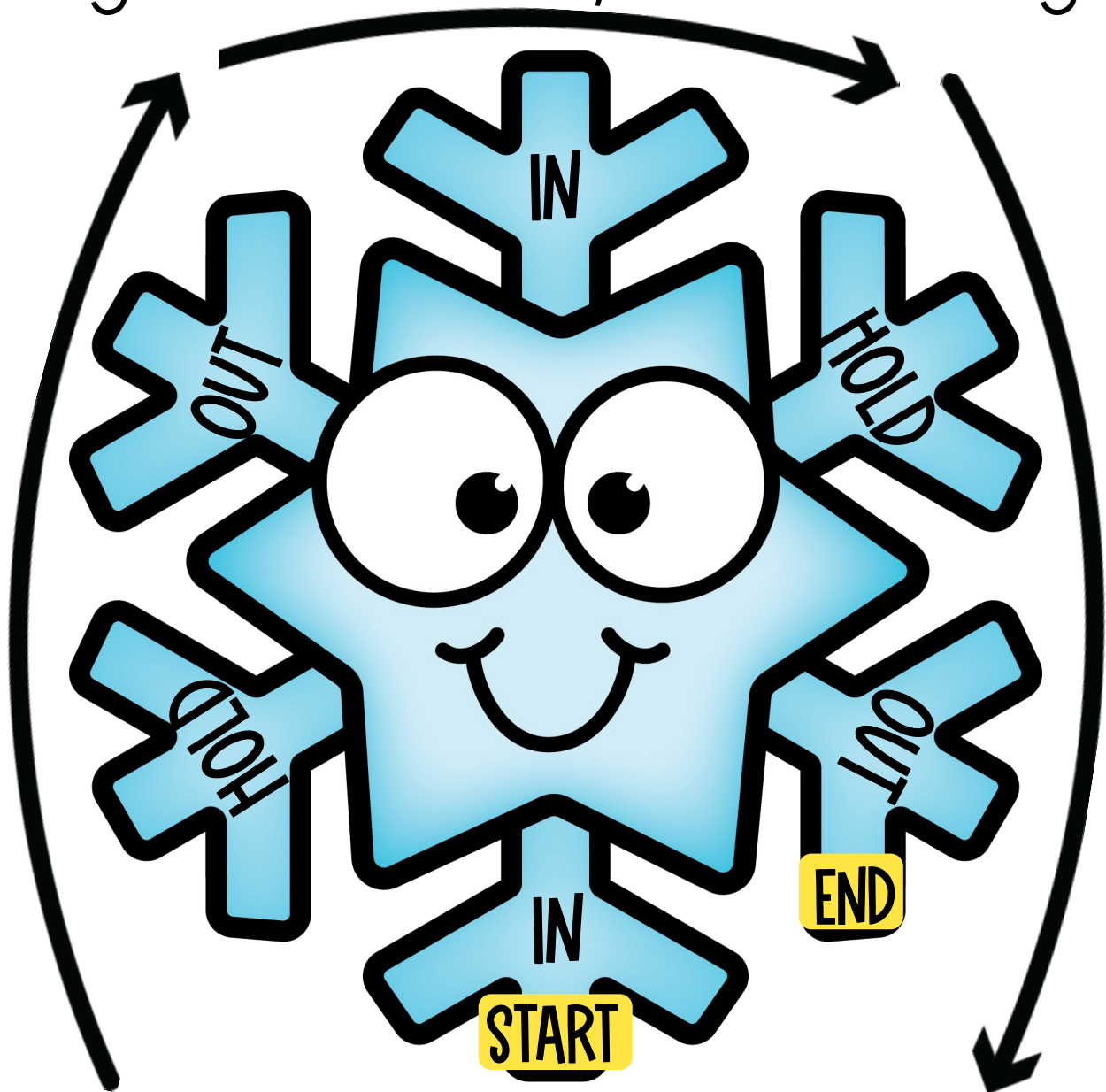
© Music City Counselor

BREATHING

WINTER

SNOWFLAKE

Touch each spike on the snowflake and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

HOT COCOA

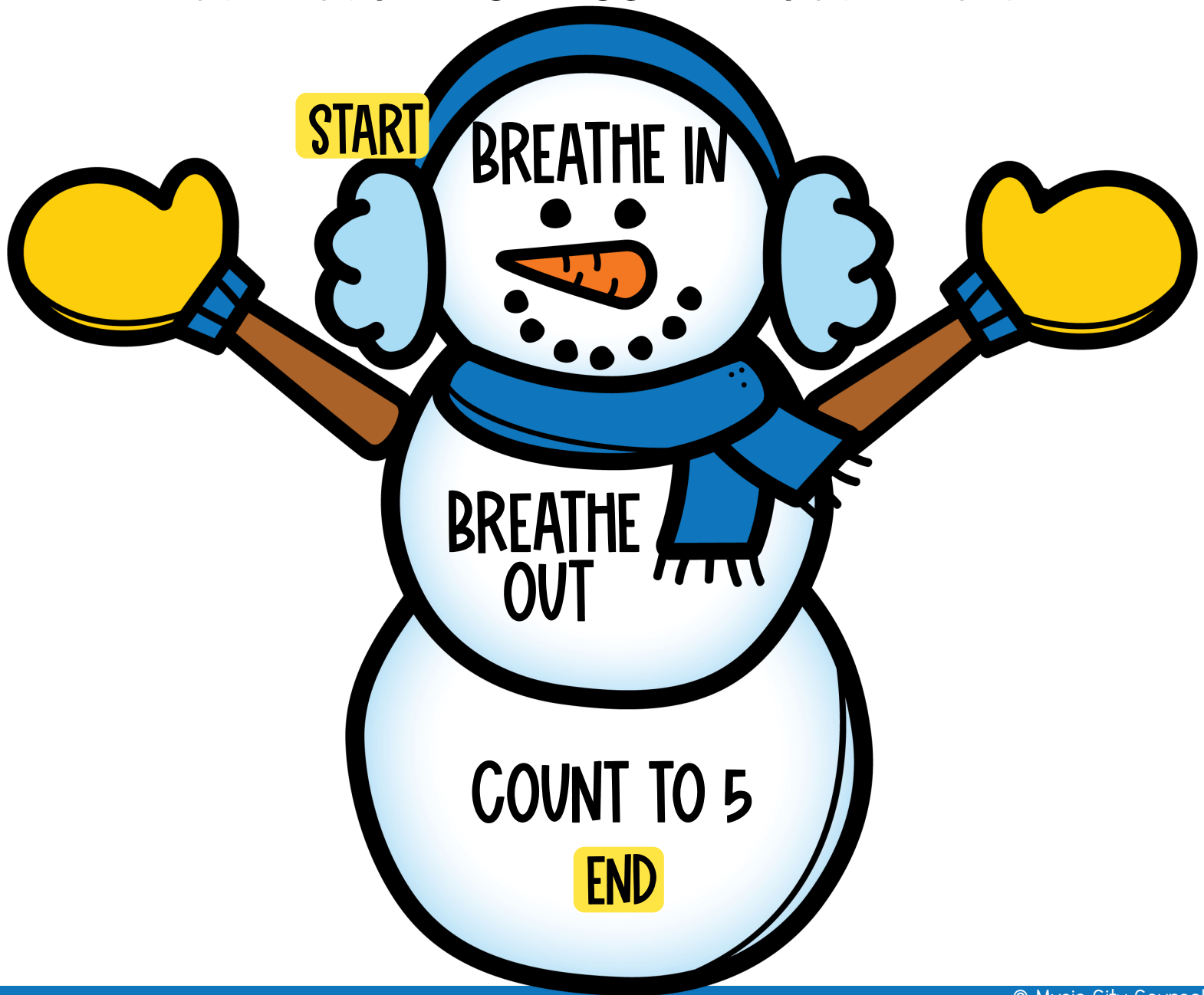
Pretend to hold a cup of hot cocoa in your hands. Take a deep breath in to smell the hot cocoa. Take a deep breath out to cool it down.



BREATHING

SNOWMAN

Touch the snowman's face and take a deep breath in. Touch his belly and take a deep breath out. Touch his base and count to 5.

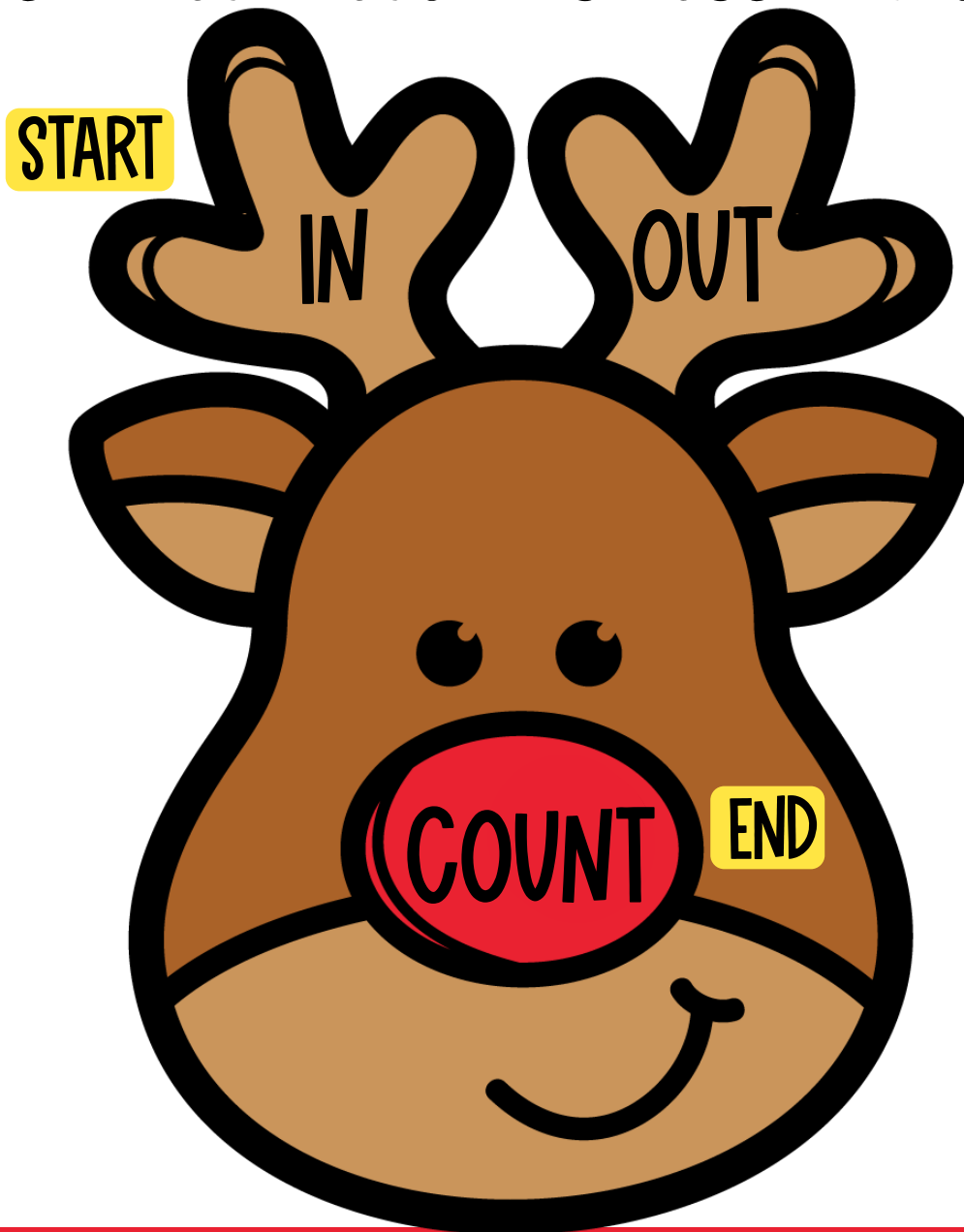


© Music City Counselor

BREATHING

REINDEER

Touch the reindeer's antler and take a deep breath in. Touch his other antler and take a deep breath out. Touch his nose and count to 5.



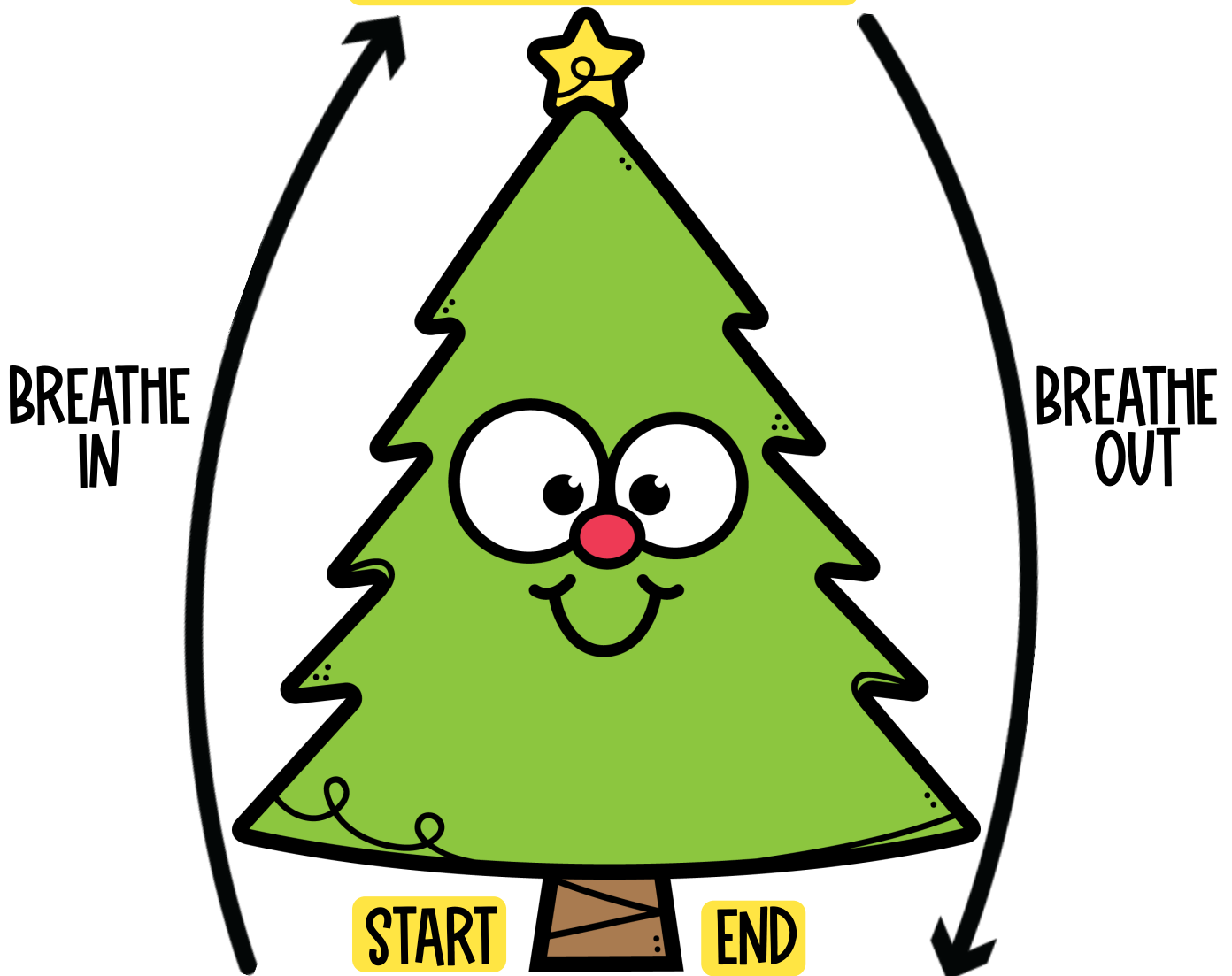
BREATHING

CHRISTMAS TREE

Trace the lines of the tree with your finger.

As your finger traces up, breathe in. When you get to the star, hold for 5 seconds. As your finger traces down, breathe out.

HOLD FOR 5 SECONDS



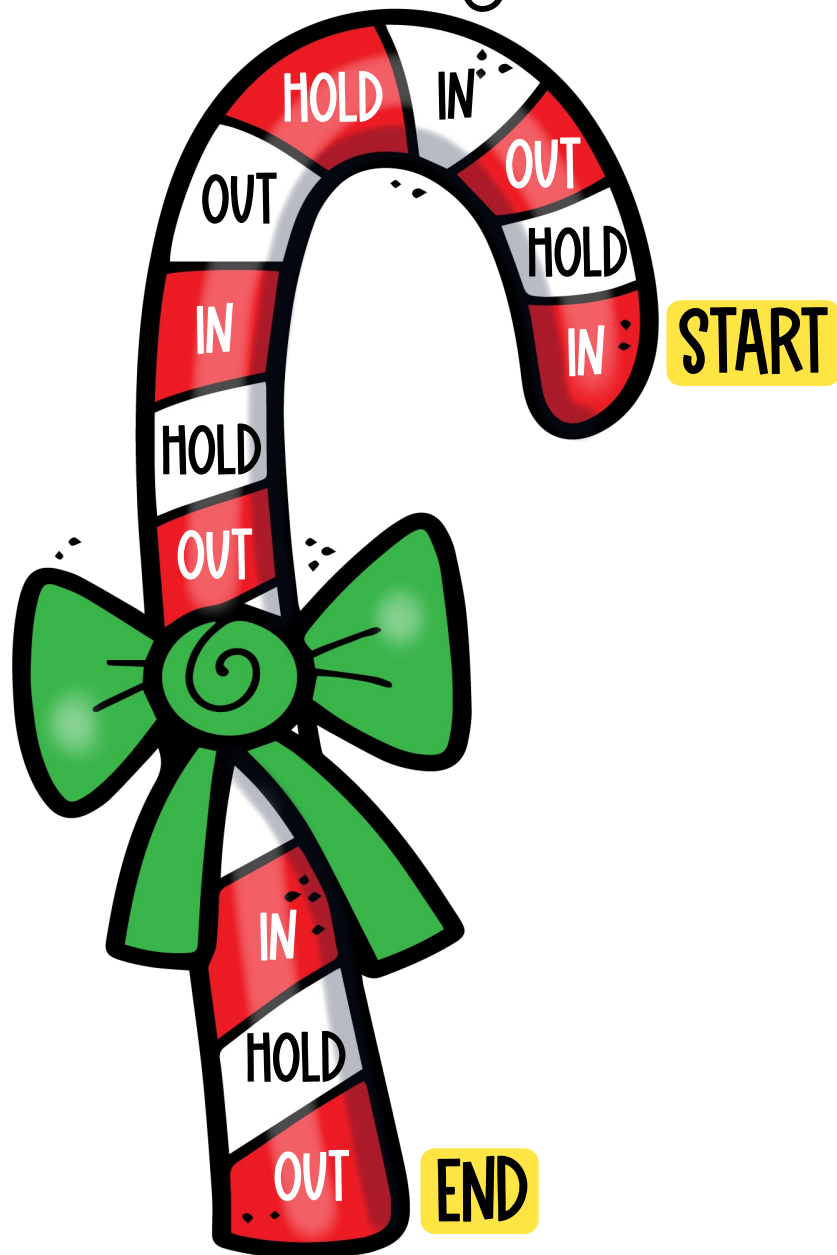
© Music City Counselor

BREATHING

CANDY CANE

Touch each color of the candy cane.

Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

HANUKKAH

Touch each candle on the menorah and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.

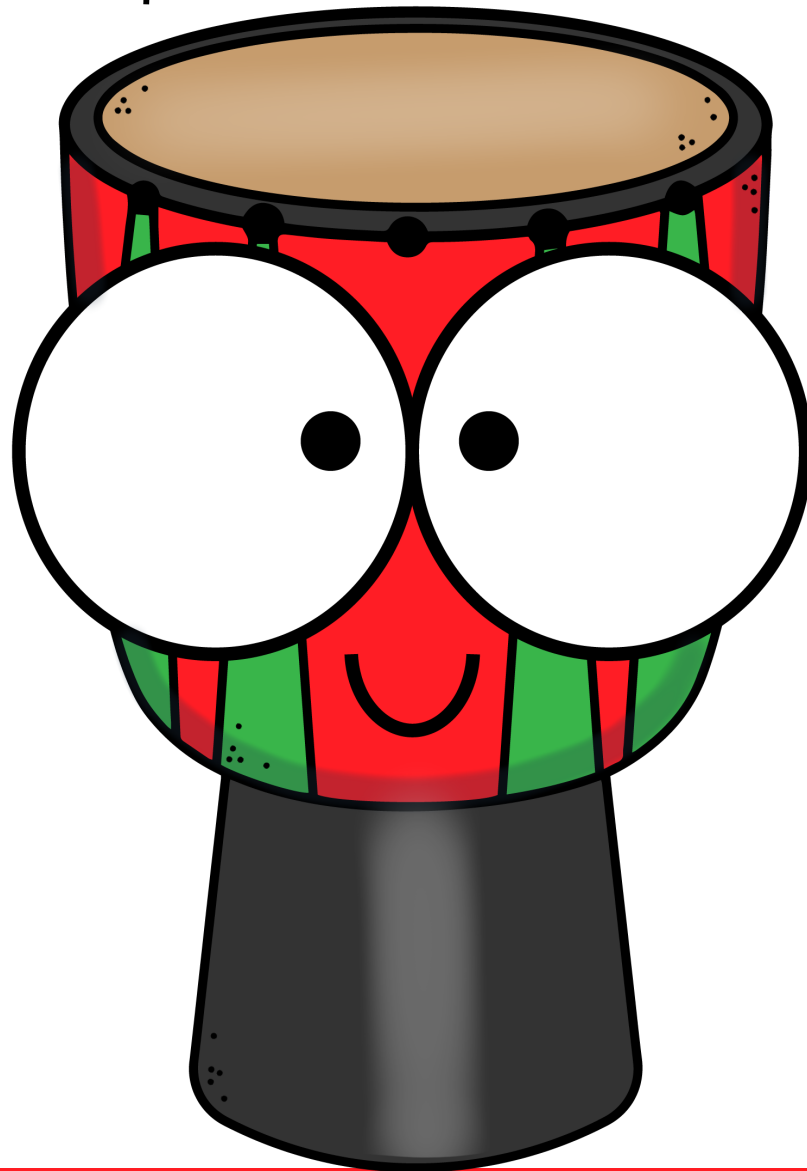


© Music City Counselor

BREATHING

KWANZAA

Pretend to hold drumsticks in your hand and imagine your lap is an African drum. Take a deep breath in and "drum" as quickly as you can. Take a deep breath out and "drum" slowly.

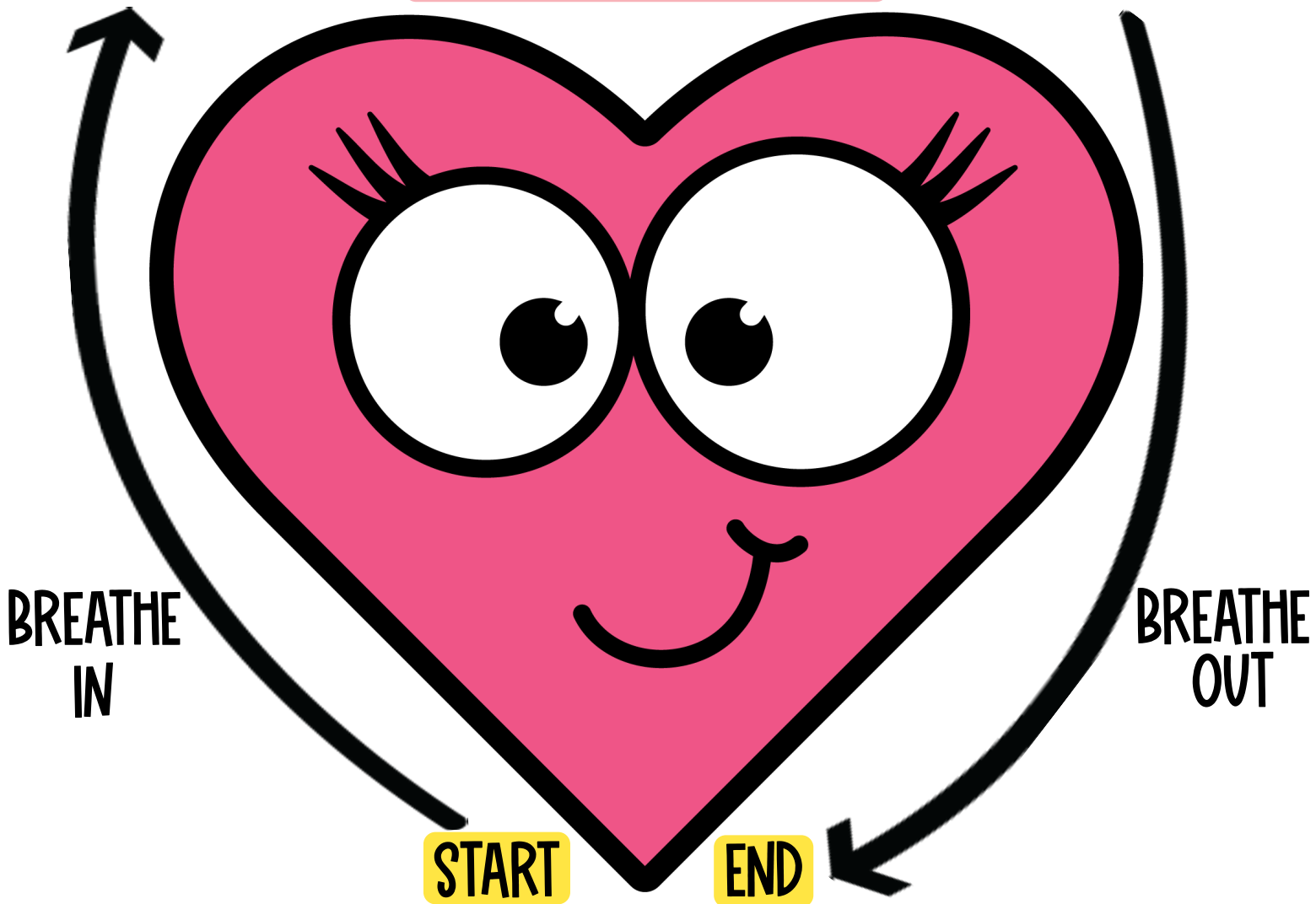


BREATHING

VALENTINE HEART

Trace the lines of the heart with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

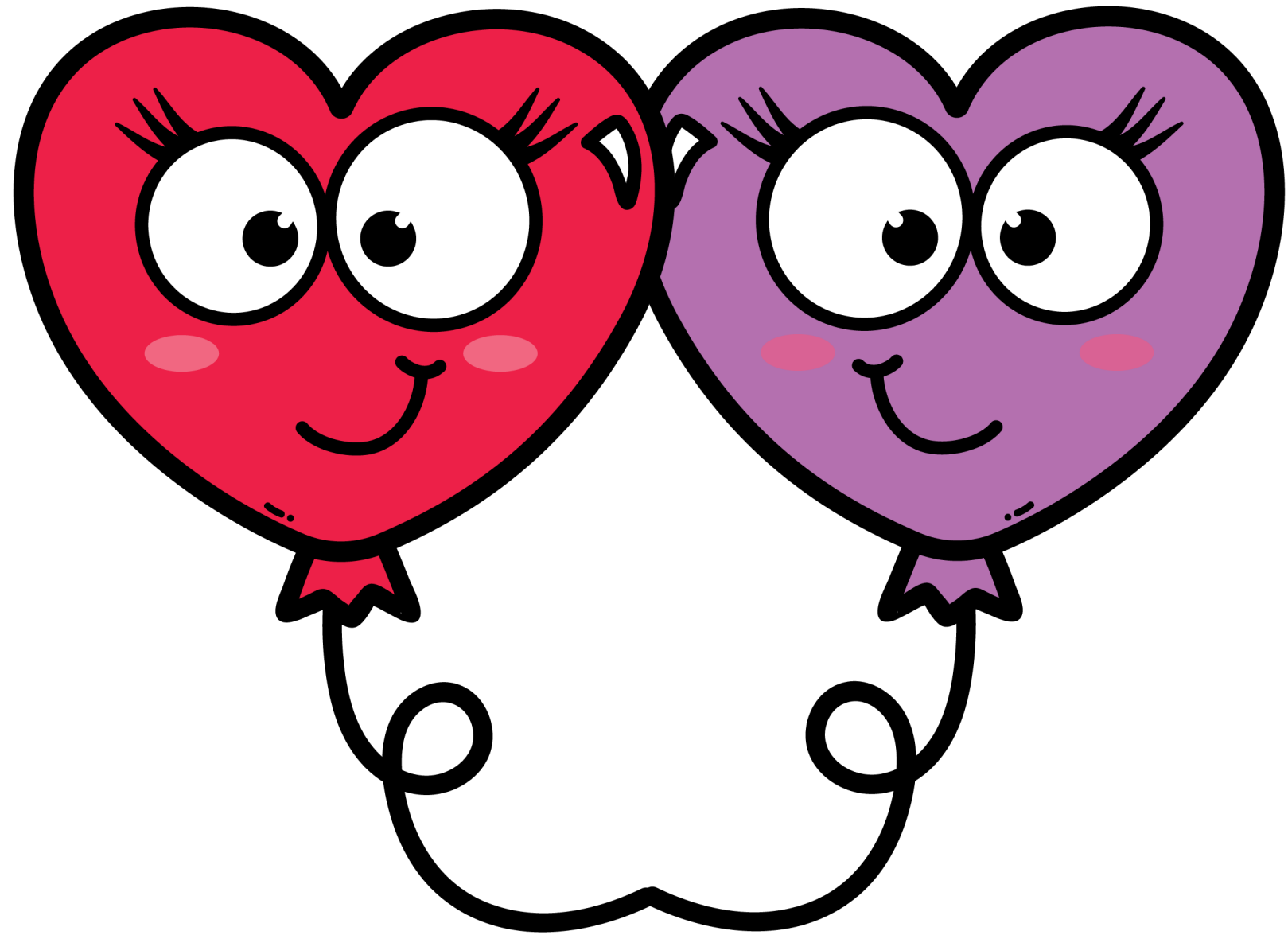
HOLD FOR 5 SECONDS



BREATHING

HEART BALLOON

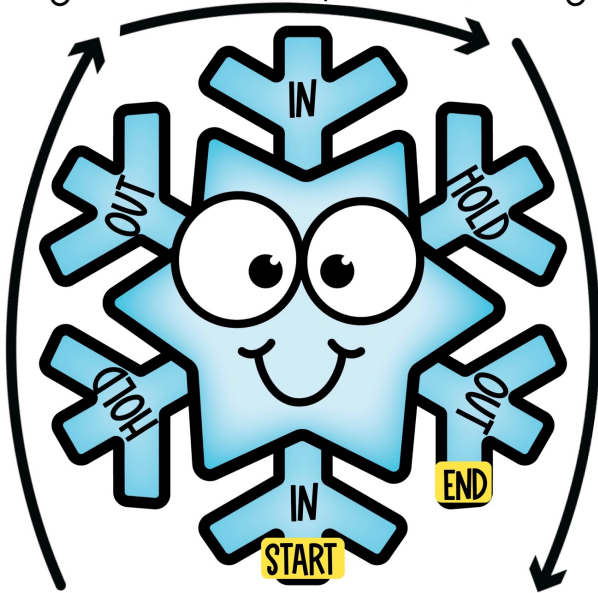
Place your hands on your tummy. Pretend your tummy is a balloon filling with air. As you take a deep breath in, "fill your balloon" with air. As you take a deep breath out, "let the air out of your balloon."



BREATHING

SNOWFLAKE

Touch each spike on the snowflake and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.

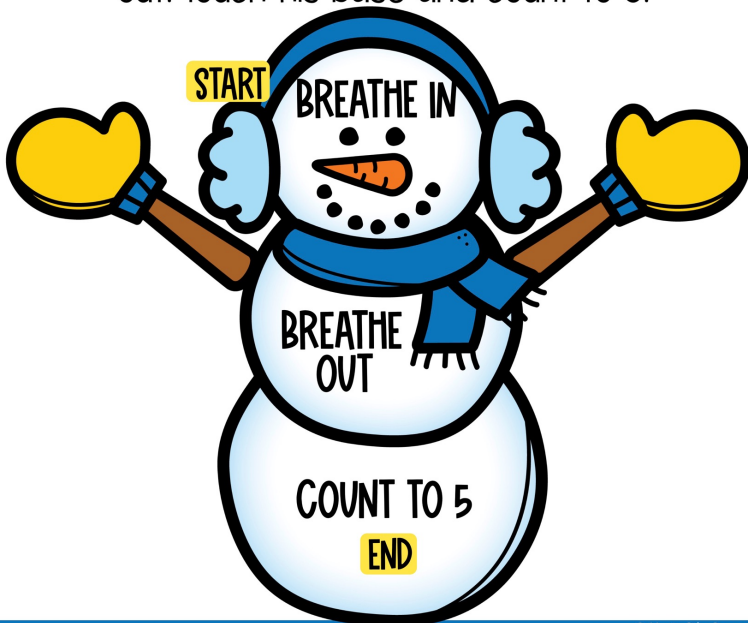


BREATHING

© Music City Counselor

SNOWMAN

Touch the snowman's face and take a deep breath in. Touch his belly and take a deep breath out. Touch his base and count to 5.



BREATHING

© Music City Counselor

HOT COCOA

Pretend to hold a cup of hot cocoa in your hands. Take a deep breath in to smell the hot cocoa. Take a deep breath out to cool it down.

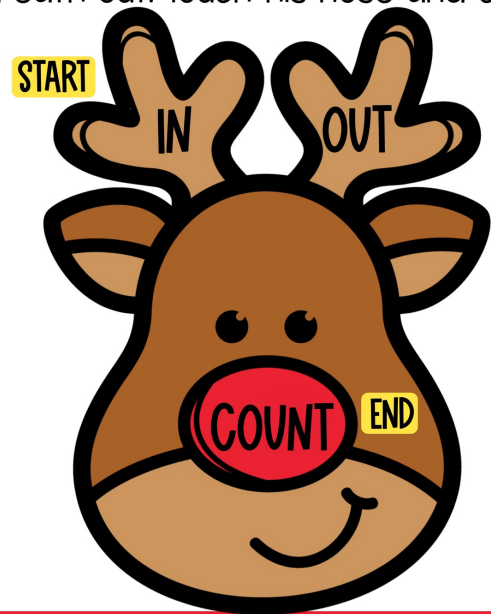


BREATHING

© Music City Counselor

REINDEER

Touch the reindeer's antler and take a deep breath in. Touch his other antler and take a deep breath out. Touch his nose and count to 5.

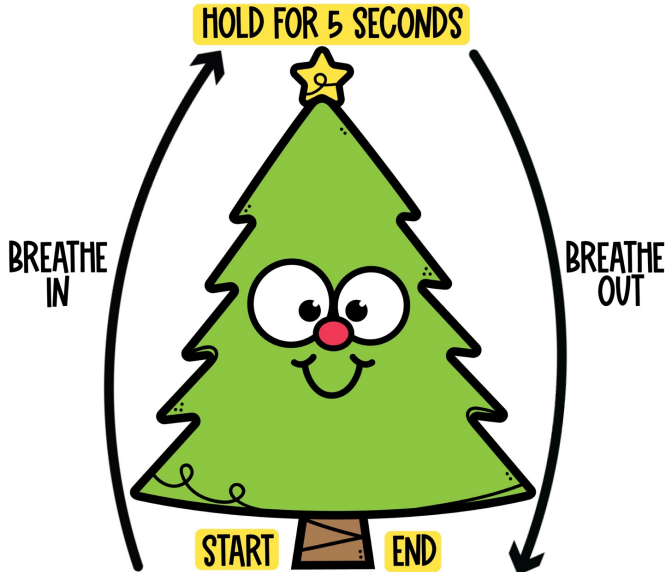


BREATHING

© Music City Counselor

CHRISTMAS TREE

Trace the lines of the tree with your finger. As your finger traces up, breathe in. When you get to the star, hold for 5 seconds. As your finger traces down, breathe out.

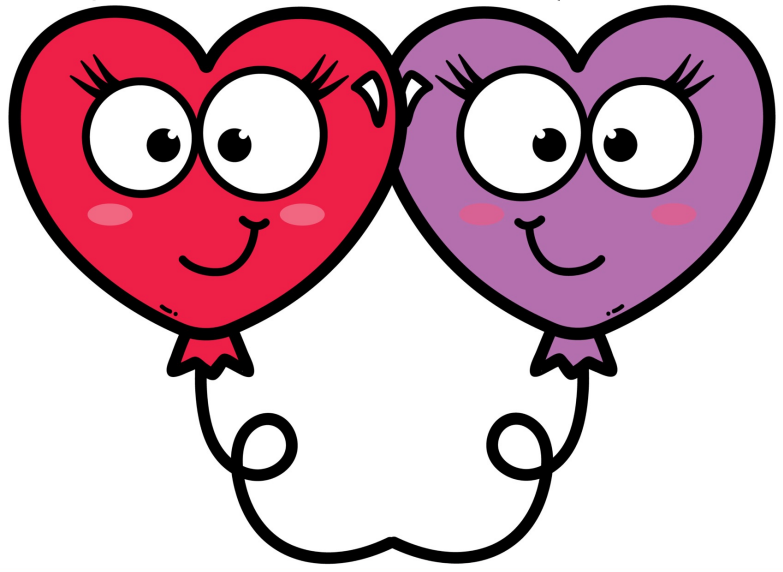


BREATHING

© Music City Counselor

HEART BALLOON

Place your hands on your tummy. Pretend your tummy is a balloon filling with air. As you take a deep breath in, "fill your balloon" with air. As you take a deep breath out, "let the air out of your balloon."

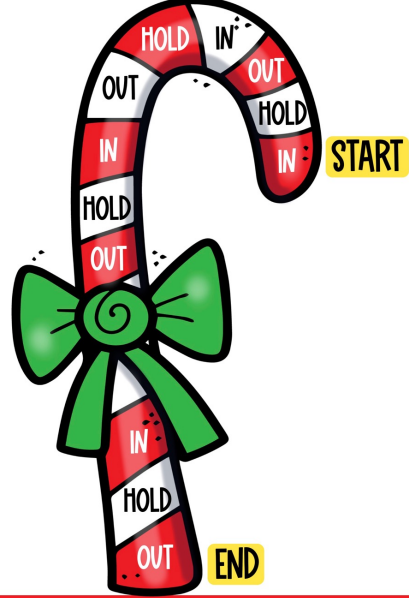


BREATHING

© Music City Counselor

CANDY CANE

Touch each color of the candy cane. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

© Music City Counselor

HANUKKAH

Touch each candle on the menorah and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.

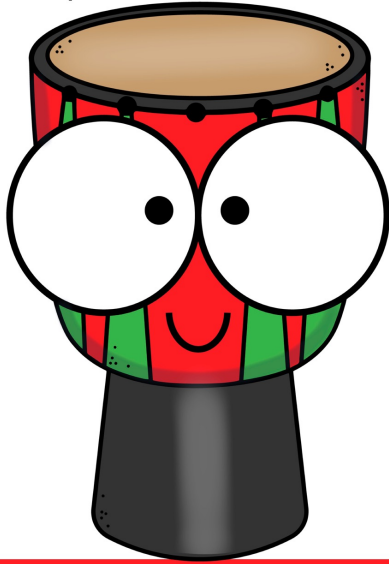


BREATHING

© Music City Counselor

KWANZAA

Pretend to hold drumsticks in your hand and imagine your lap is an African drum. Take a deep breath in and "drum" as quickly as you can. Take a deep breath out and "drum" slowly.

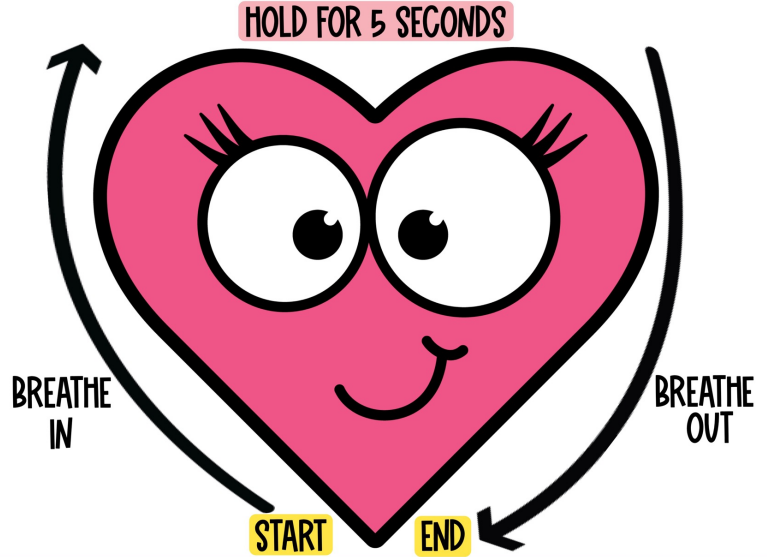


BREATHING

© Music City Counselor

VALENTINE HEART

Trace the lines of the heart with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

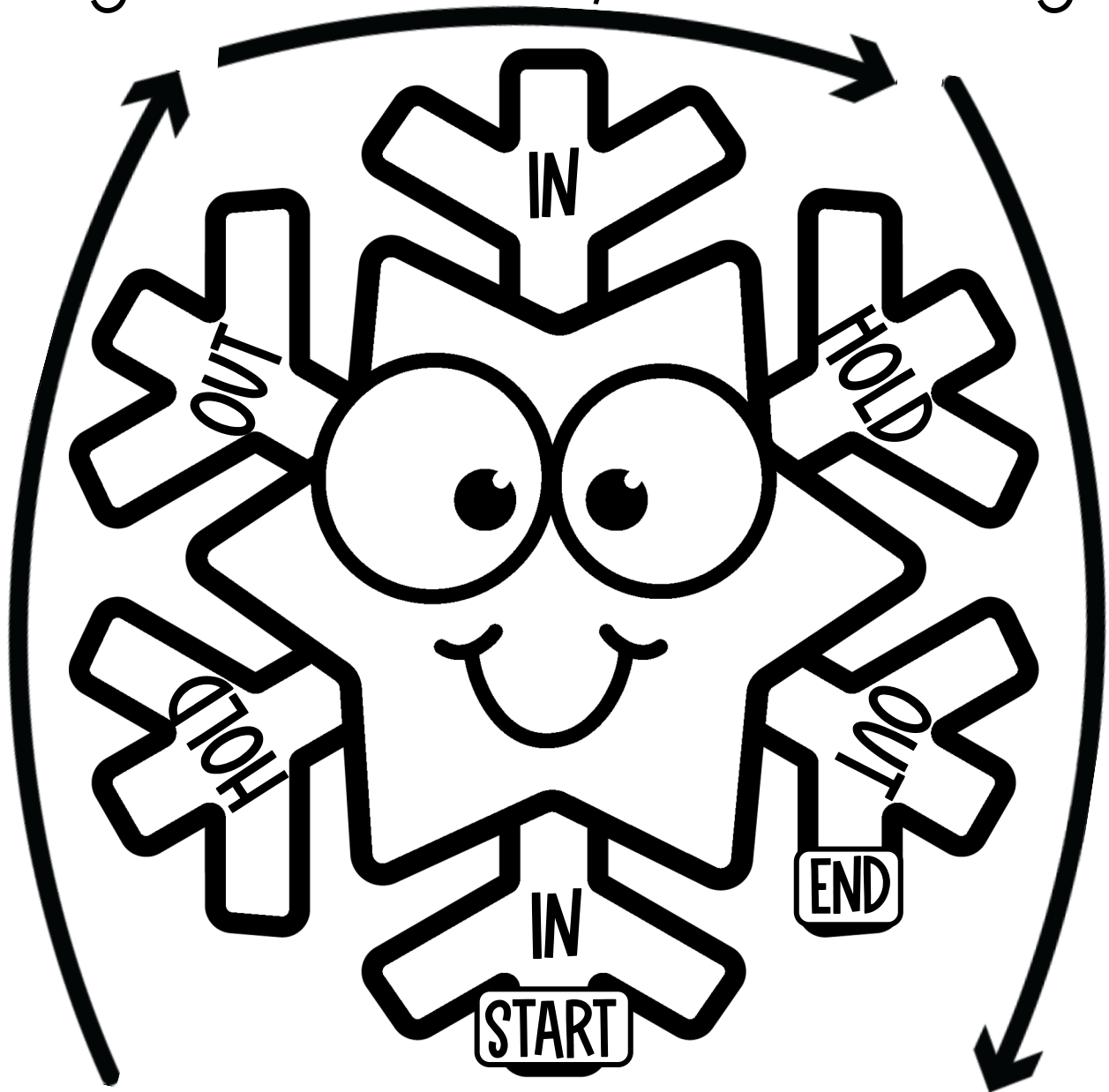


BREATHING

© Music City Counselor

SNOWFLAKE

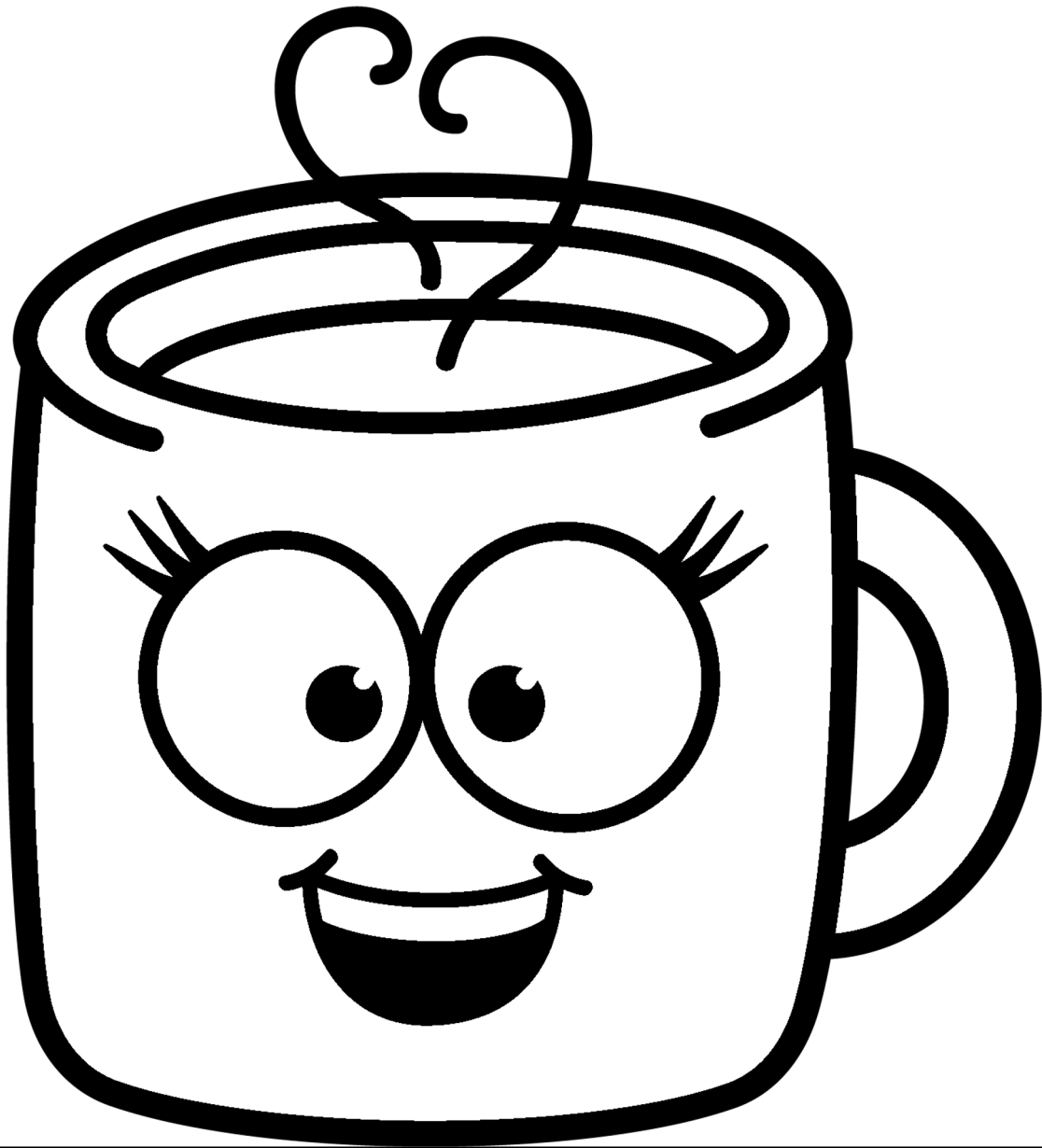
Touch each spike on the snowflake and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

HOT COCOA

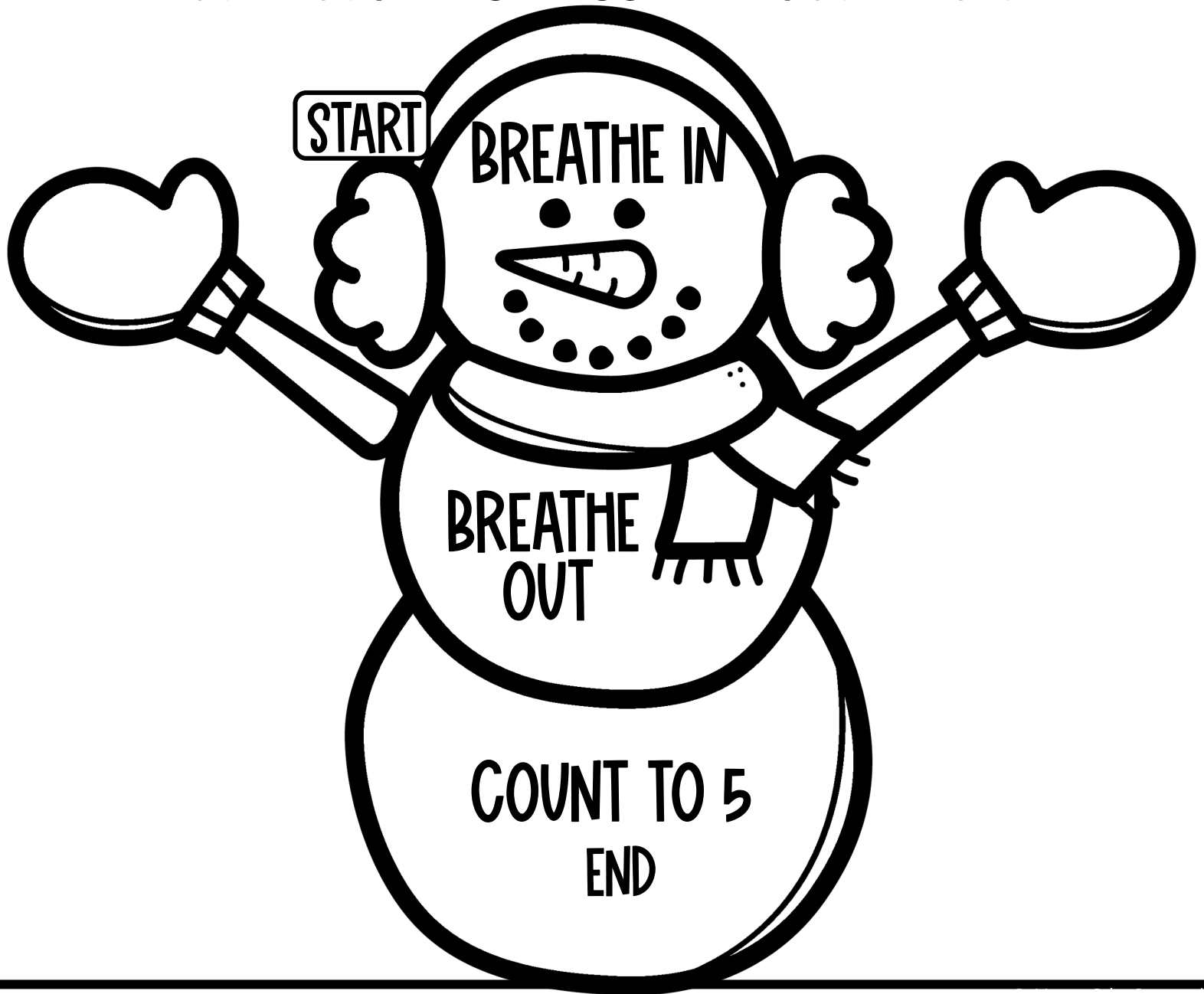
Pretend to hold a cup of hot cocoa in your hands. Take a deep breath in to smell the hot cocoa. Take a deep breath out to cool it down.



BREATHING

SNOWMAN

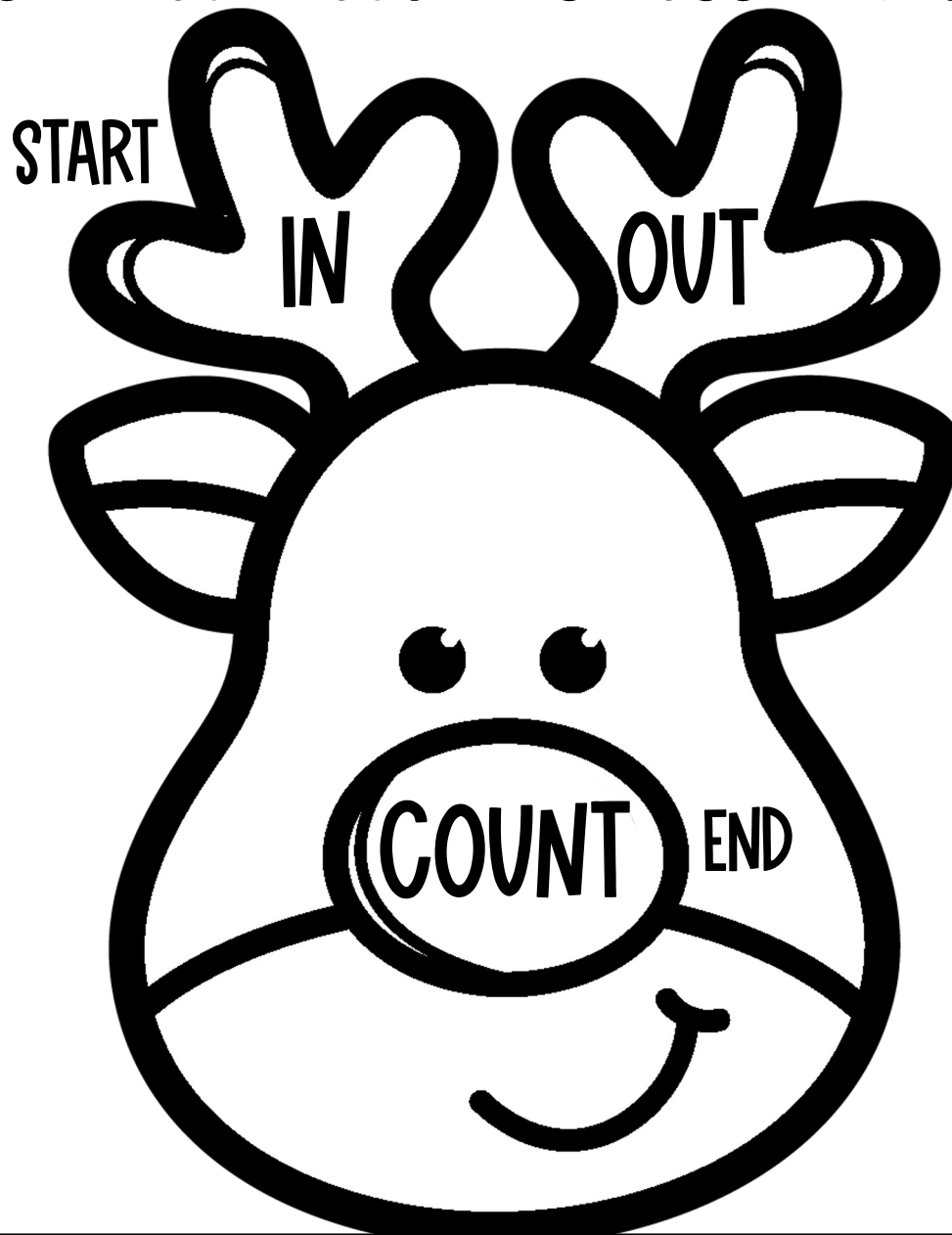
Touch the snowman's face and take a deep breath in. Touch his belly and take a deep breath out. Touch his base and count to 5.



BREATHING

REINDEER

Touch the reindeer's antler and take a deep breath in. Touch his other antler and take a deep breath out. Touch his nose and count to 5.



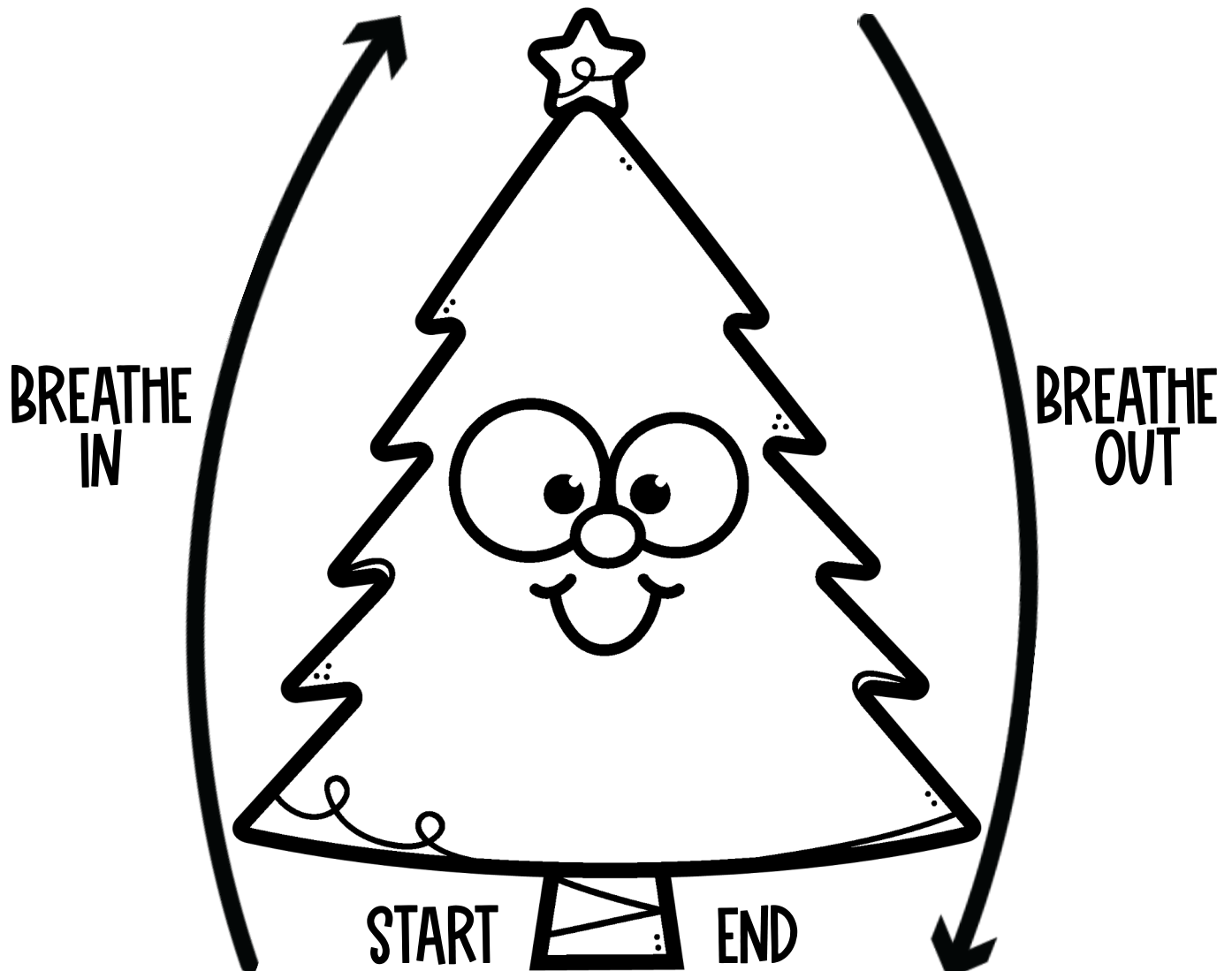
BREATHING

CHRISTMAS TREE

Trace the lines of the tree with your finger.

As your finger traces up, breathe in. When you get to the star, hold for 5 seconds. As your finger traces down, breathe out.

HOLD FOR 5 SECONDS

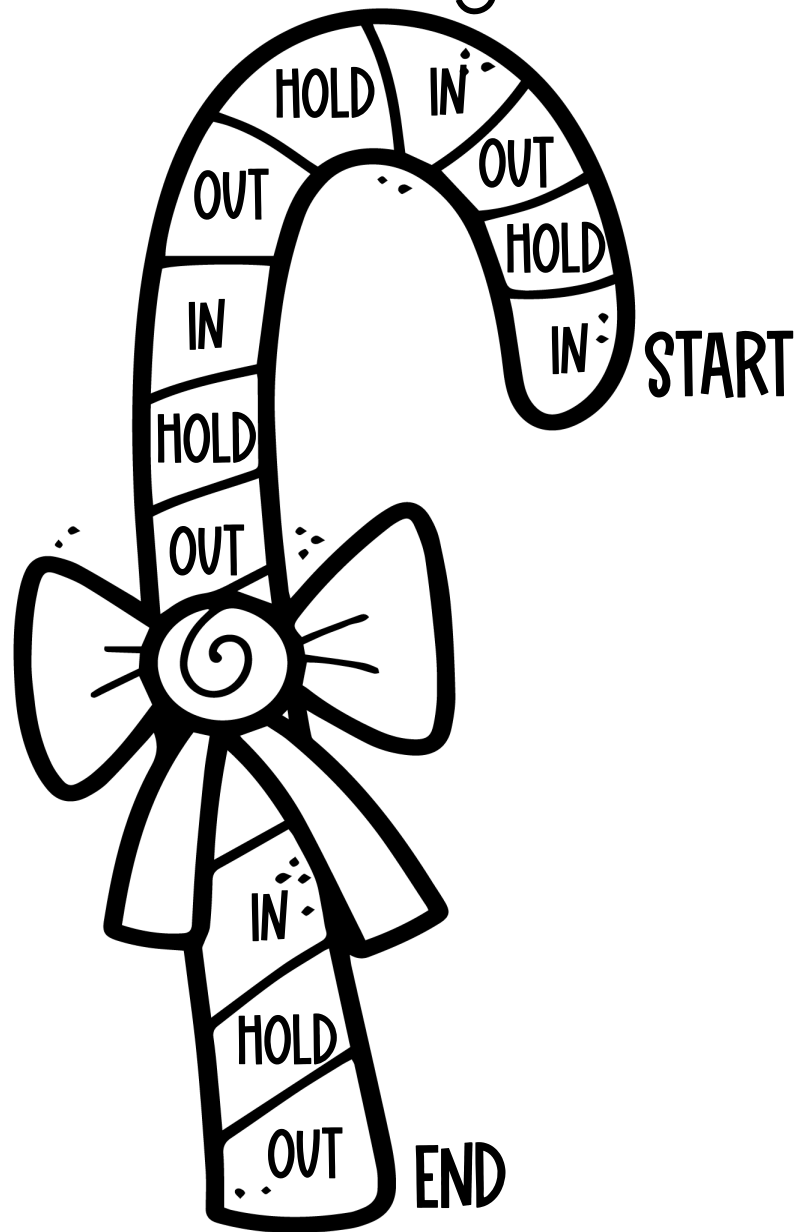


BREATHING

CANDY CANE

Touch each color of the candy cane.

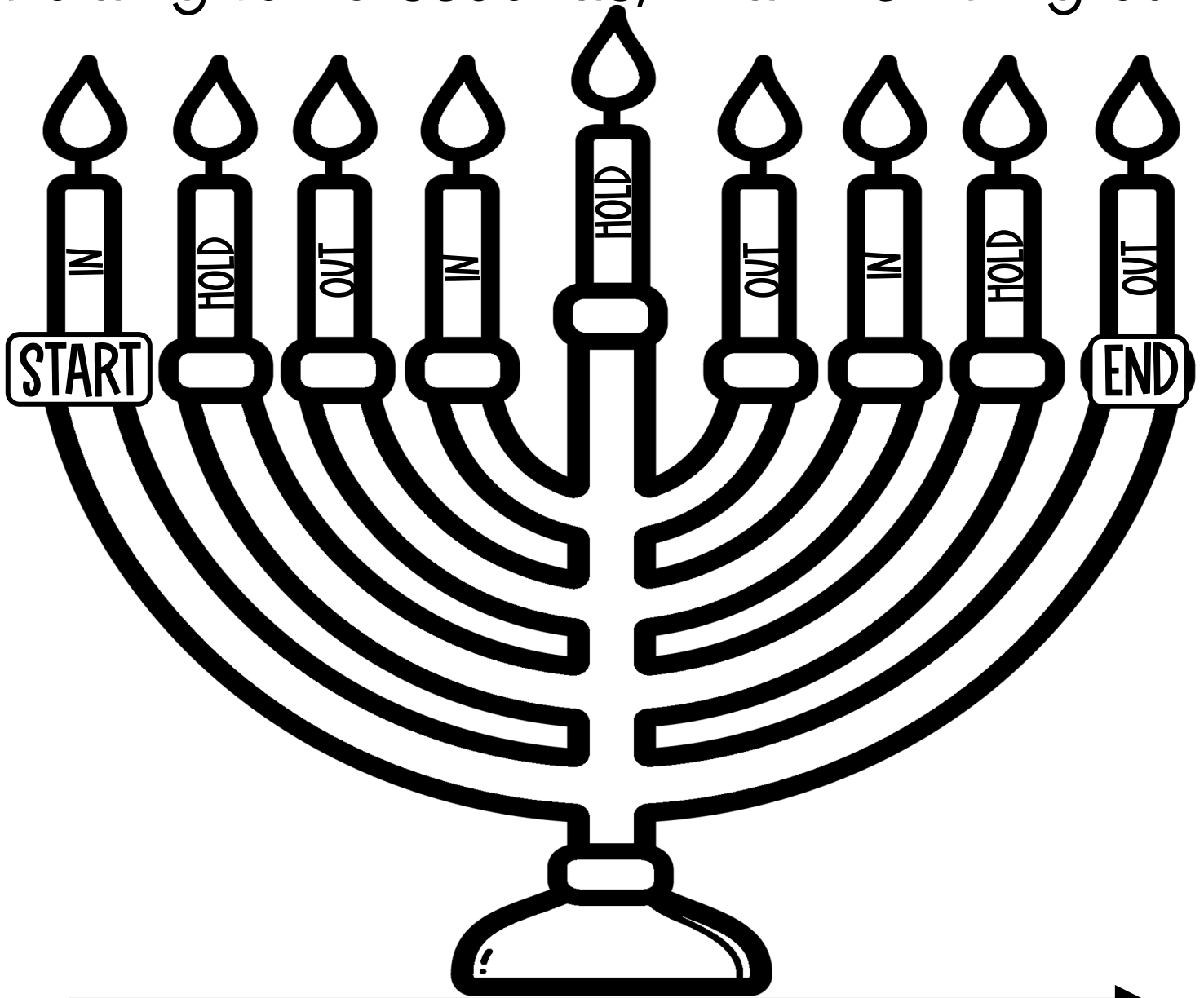
Practice breathing in, holding for 5 seconds,
and breathing out.



BREATHING

HANUKKAH

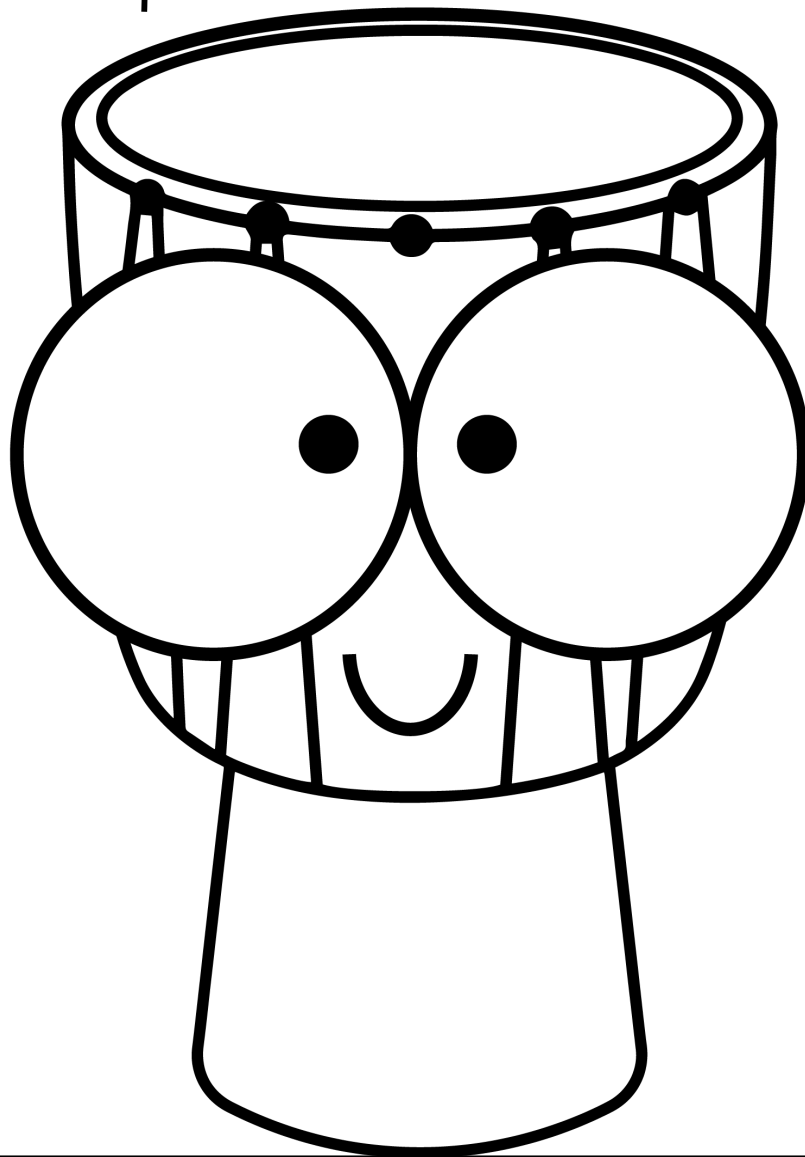
Touch each candle on the menorah and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

KWANZAA

Pretend to hold drumsticks in your hand and imagine your lap is an African drum. Take a deep breath in and "drum" as quickly as you can. Take a deep breath out and "drum" slowly.

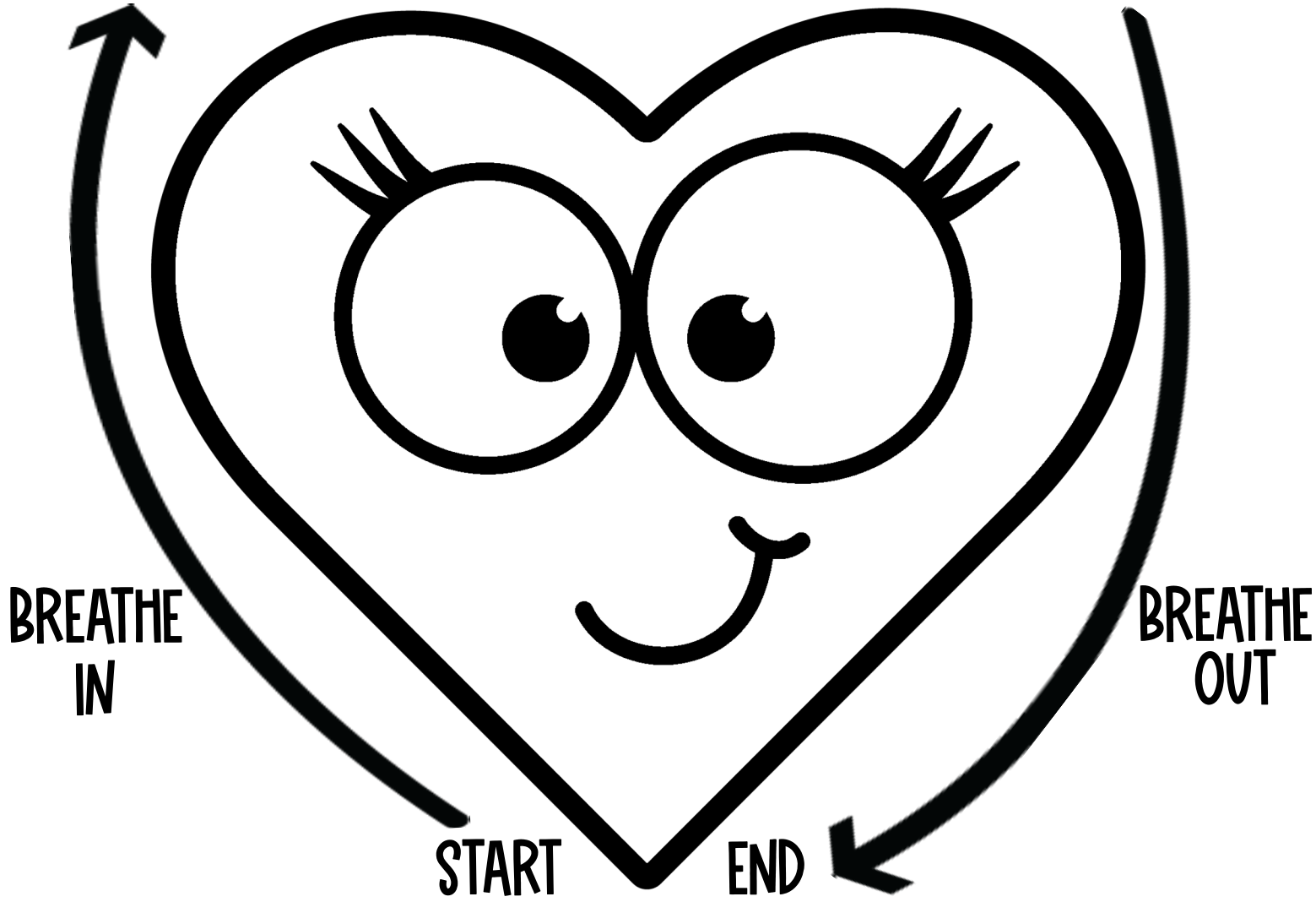


BREATHING

VALENTINE HEART

Trace the lines of the heart with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

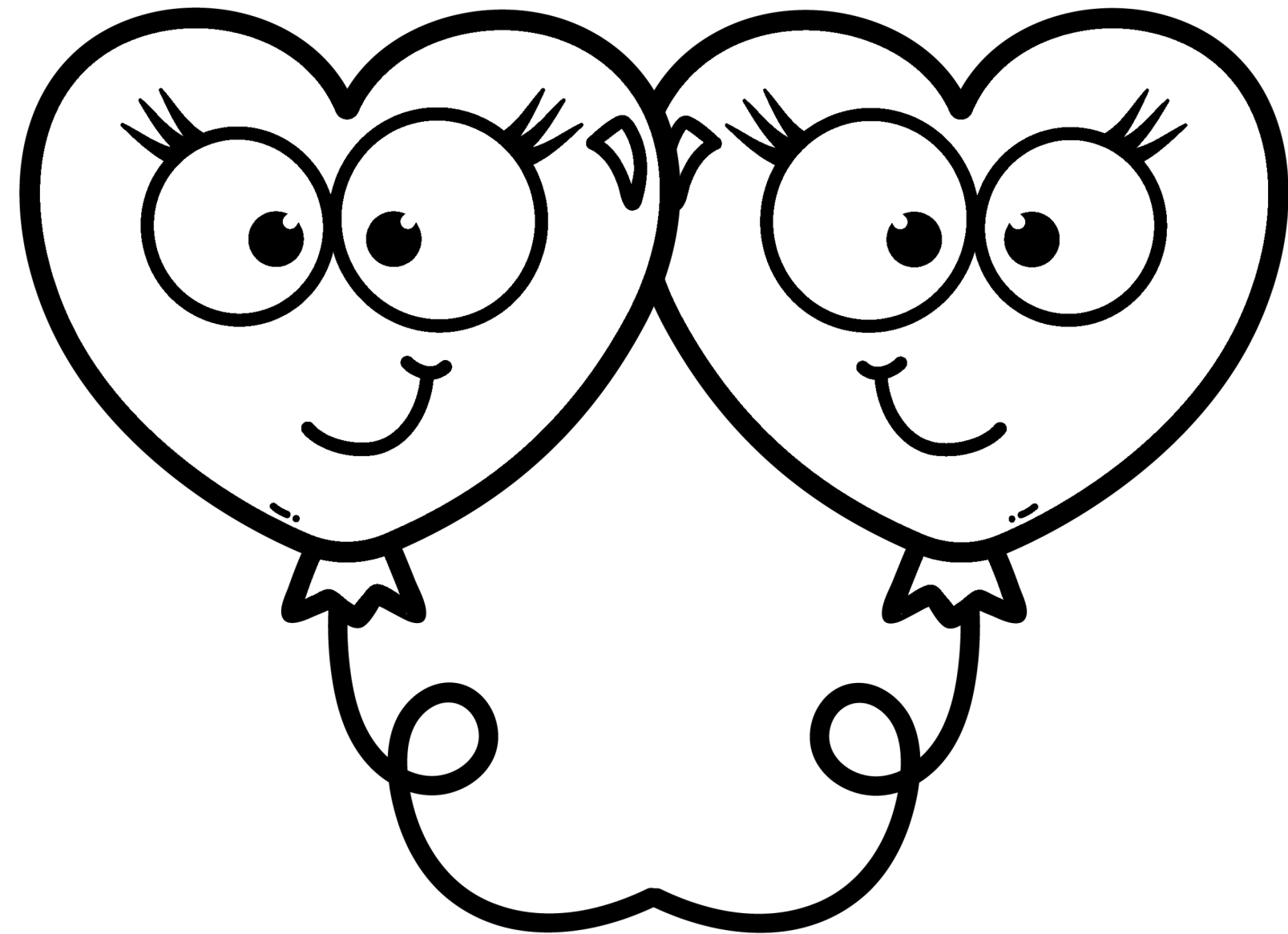
HOLD FOR 5 SECONDS



BREATHING

HEART BALLOON

Place your hands on your tummy. Pretend your tummy is a balloon filling with air. As you take a deep breath in, "fill your balloon" with air. As you take a deep breath out, "let the air out of your balloon."

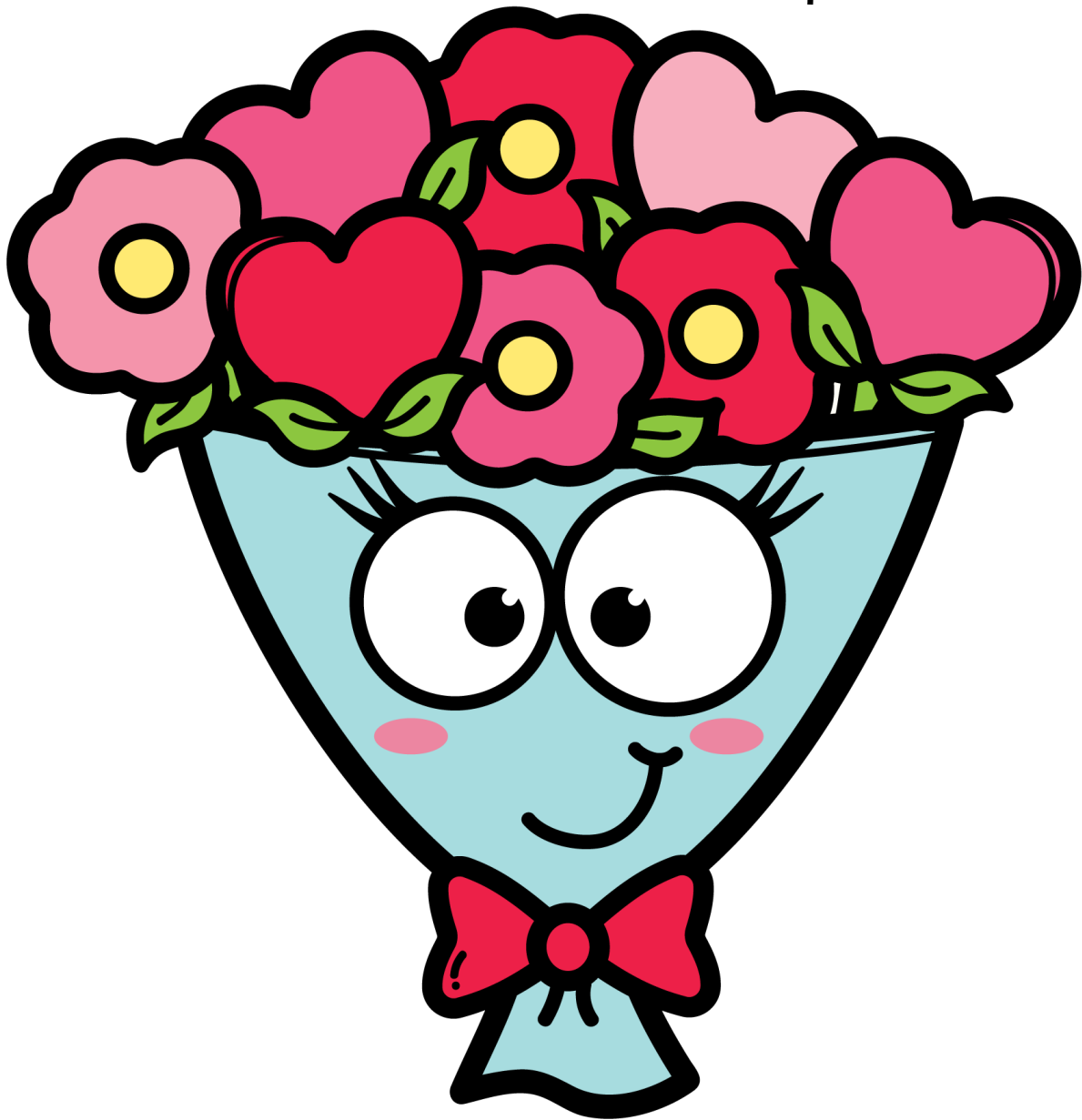


BREATHING

SPRING

FLOWER BOUQUET

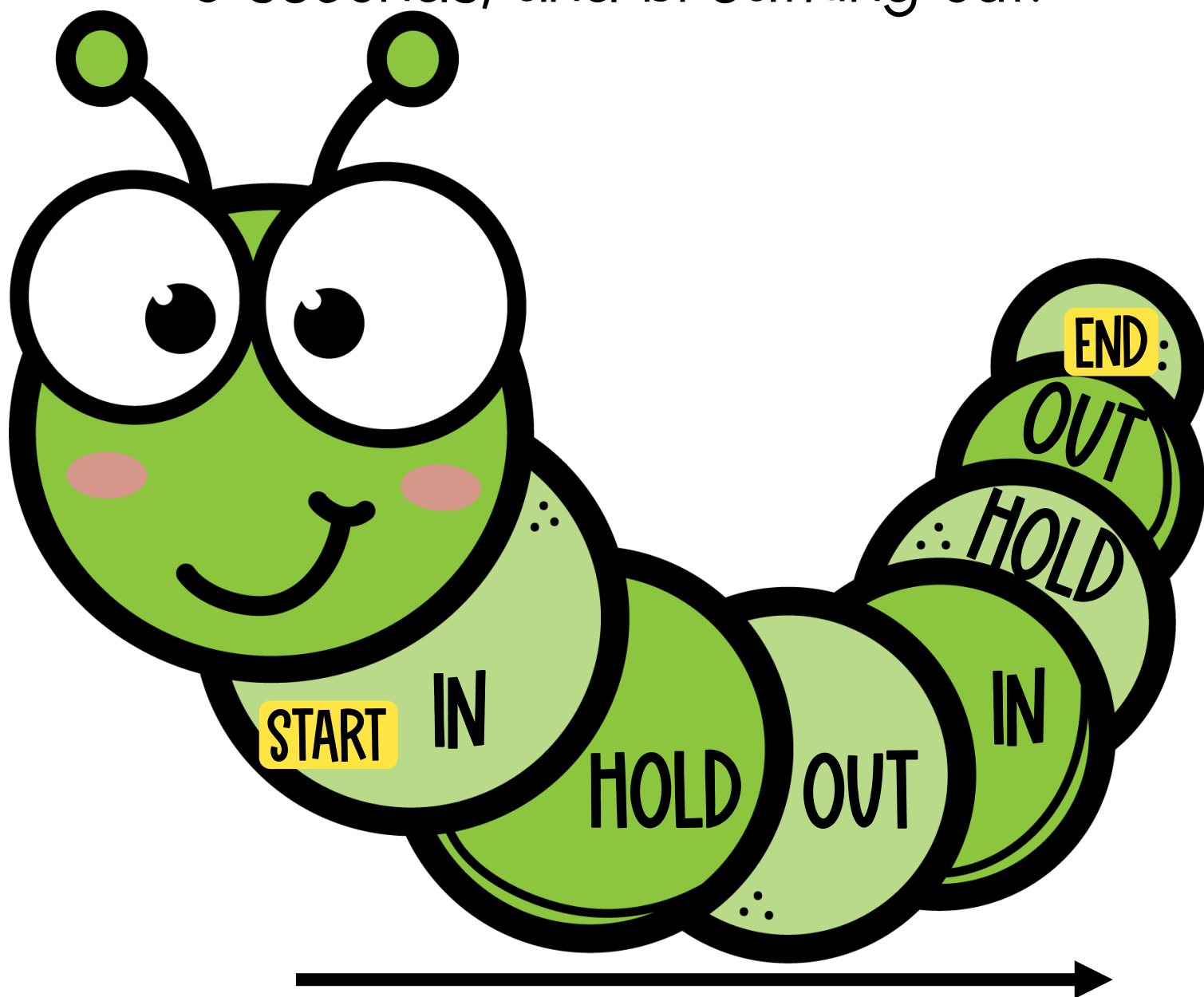
Pretend you are holding a beautiful bouquet of flowers. Take a deep breath in and "smell" the flowers. Then take a deep breath out.



BREATHING

CATERPILLAR

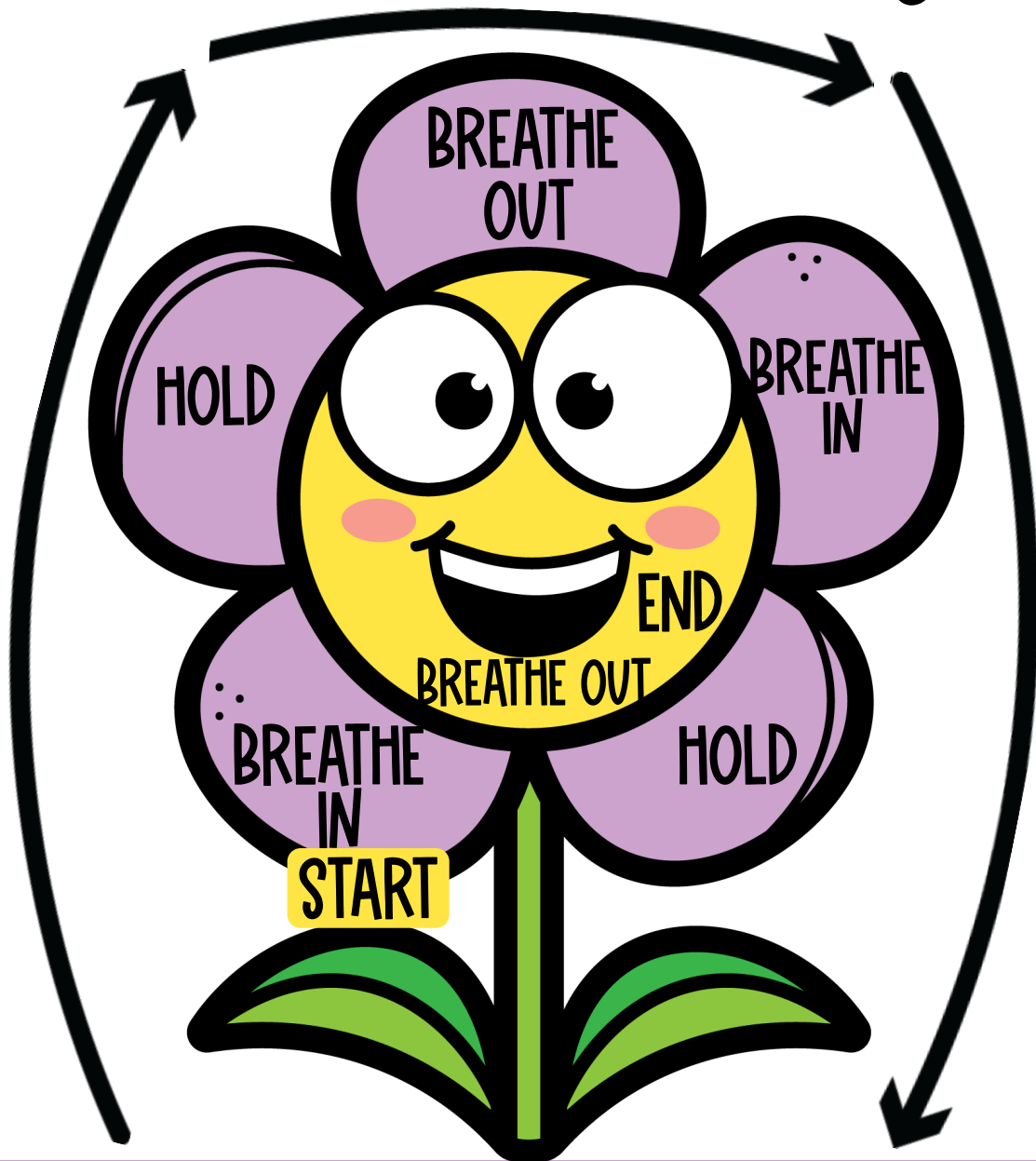
Touch each part of the caterpillar and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

SPRING FLOWER

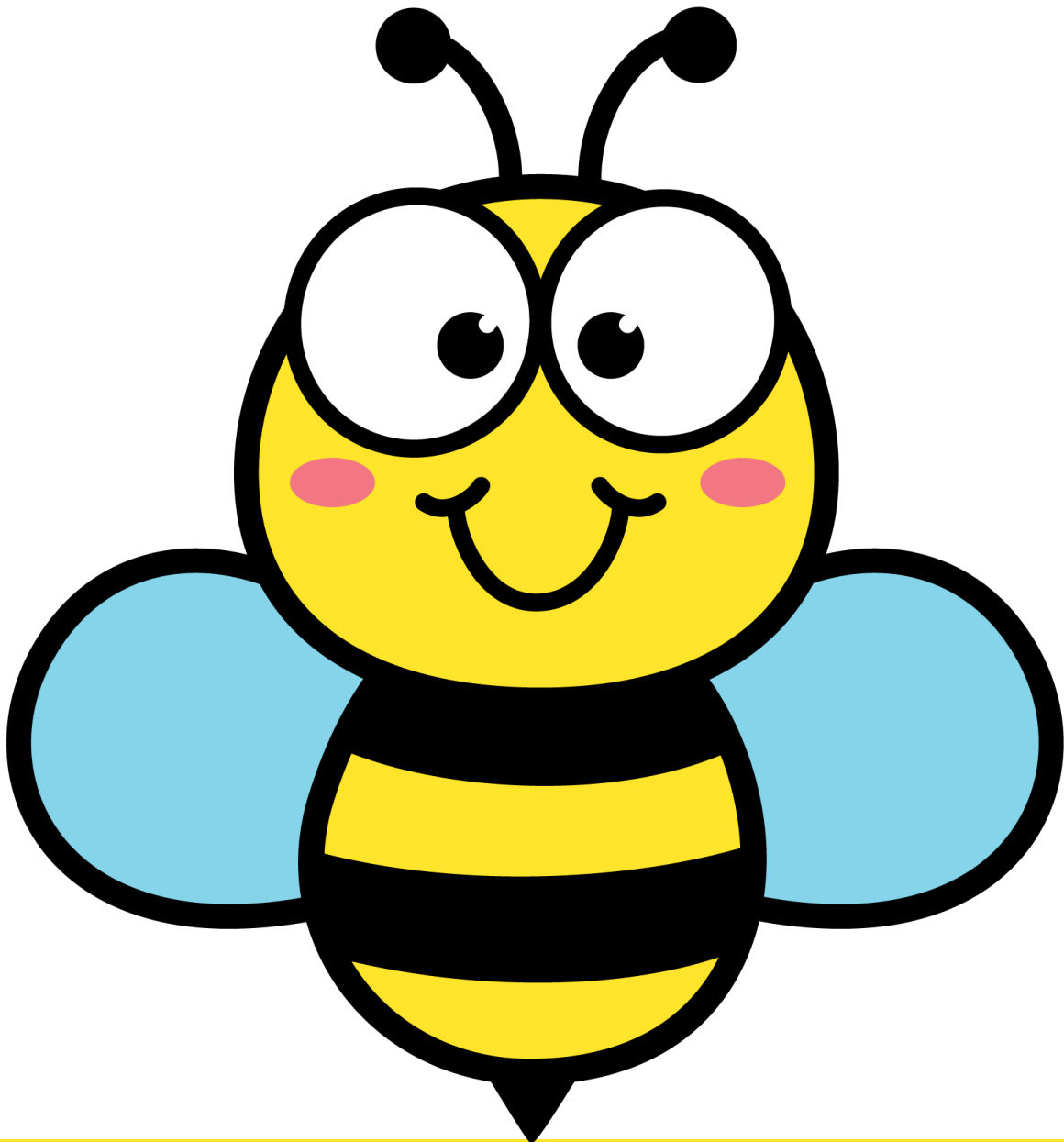
Touch each petal of the flower and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

BUMBLE BEE

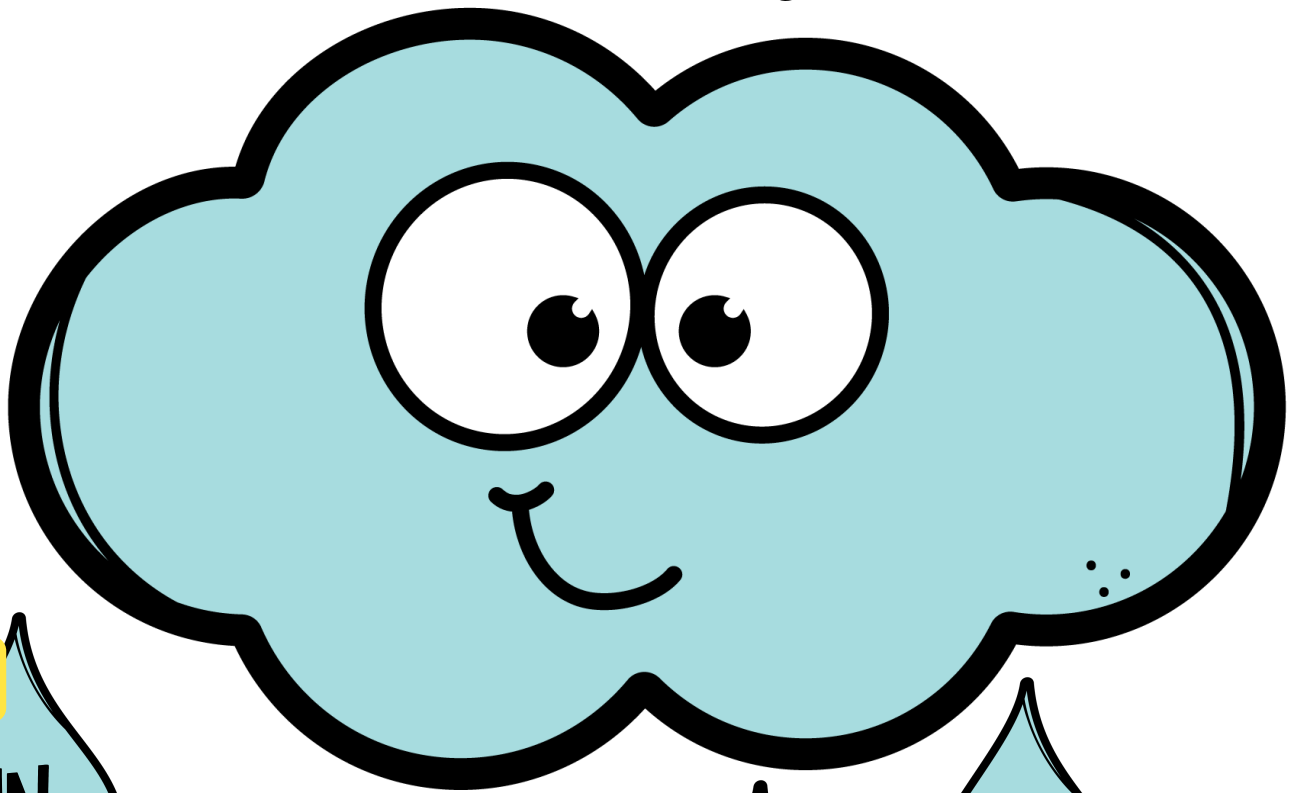
Pretend you are a bee. Take a deep breath in and hold it for 5 seconds. Then, as you breathe out slowly, make a buzzing sound.



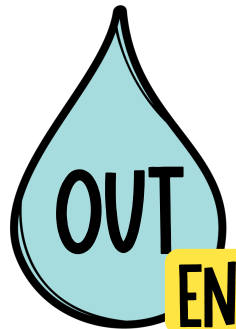
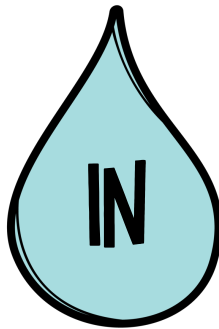
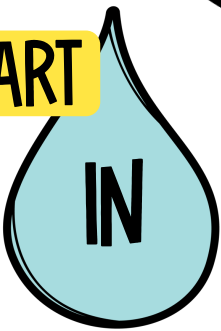
BREATHING

RAINY DAY

Touch each raindrop and follow the arrow.
Practice breathing in, holding for 5 seconds,
and breathing out.



START



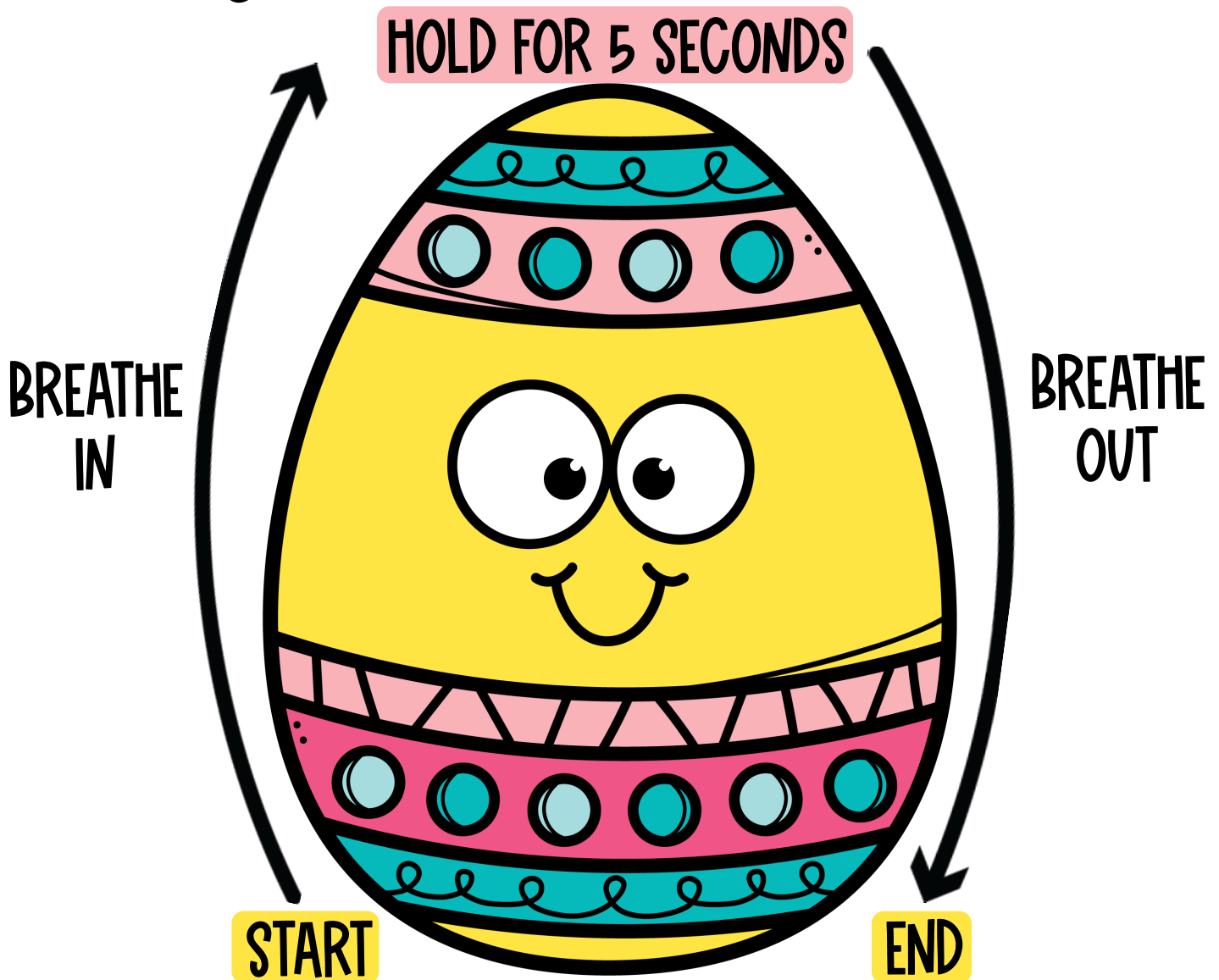
END



BREATHING

SPRING EGG

Trace the lines of the egg with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

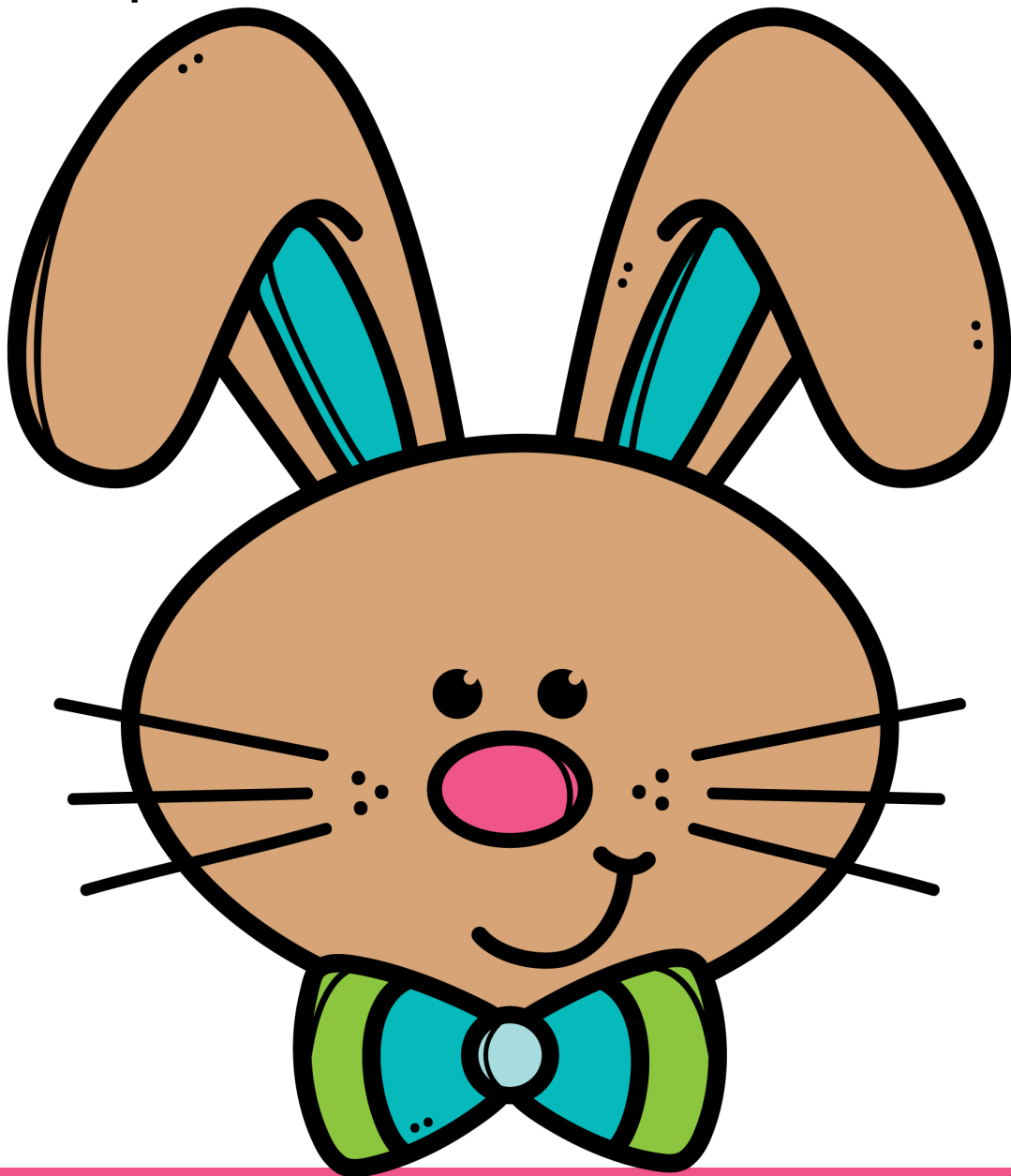


© Music City Counselor

BREATHING

BUNNY

Pretend you are a bunny. Take 3 hops forward and breathe in. Hold for 5 seconds. Take 3 hops backwards and breathe out.

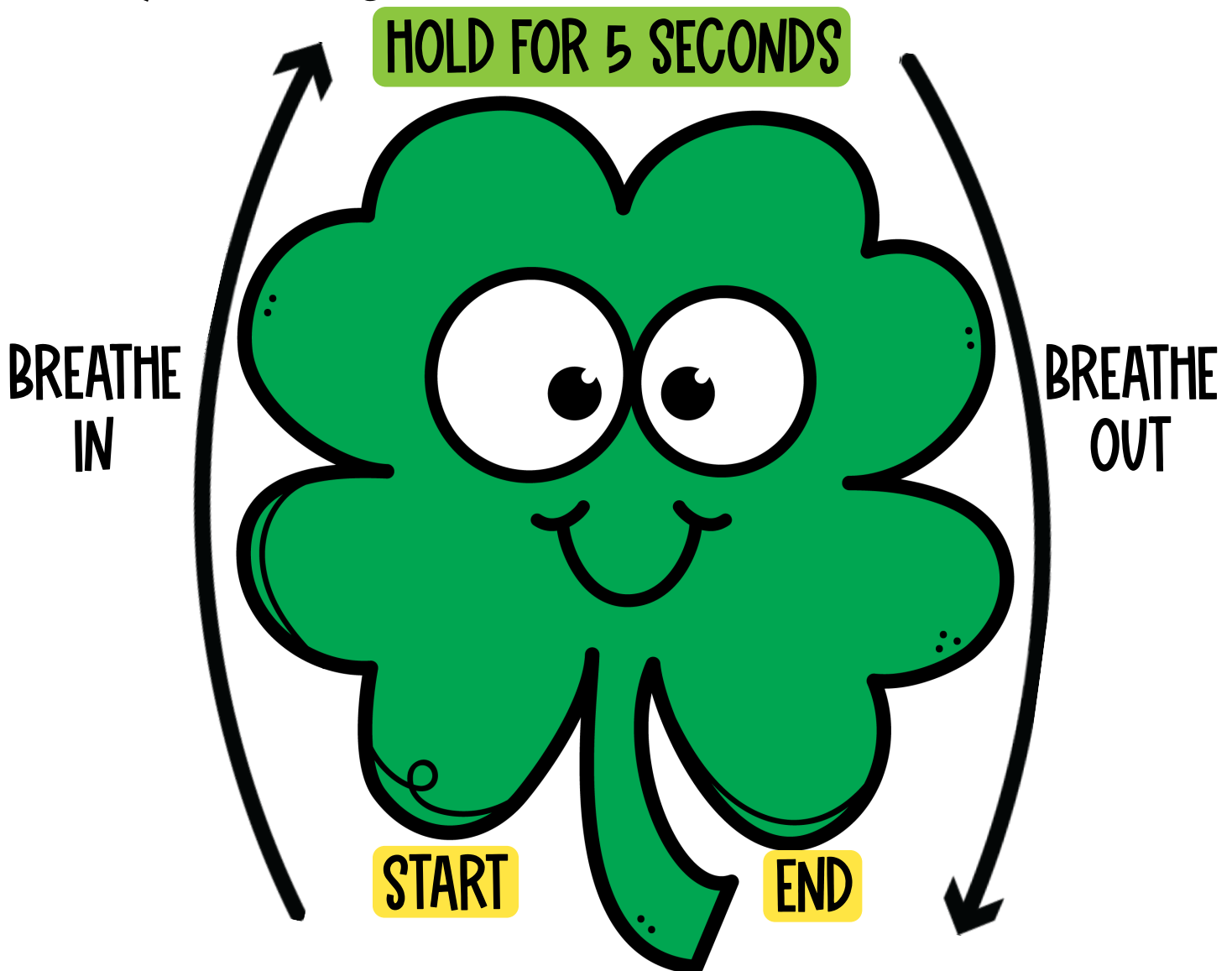


BREATHING

SHAMROCK

Trace the leaves of the shamrock with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds.

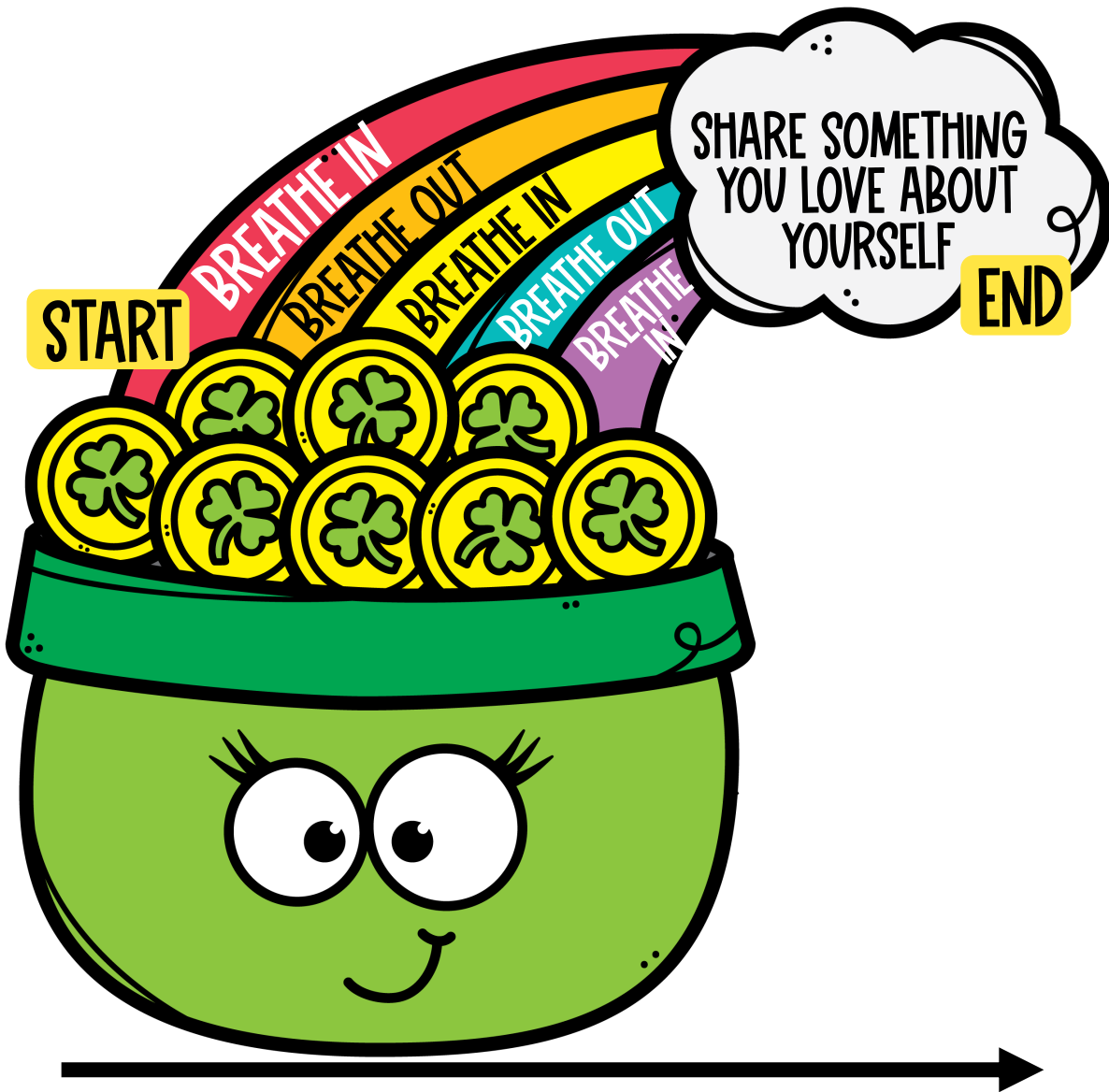
As your finger traces down, breathe out.



BREATHING

POT OF GOLD

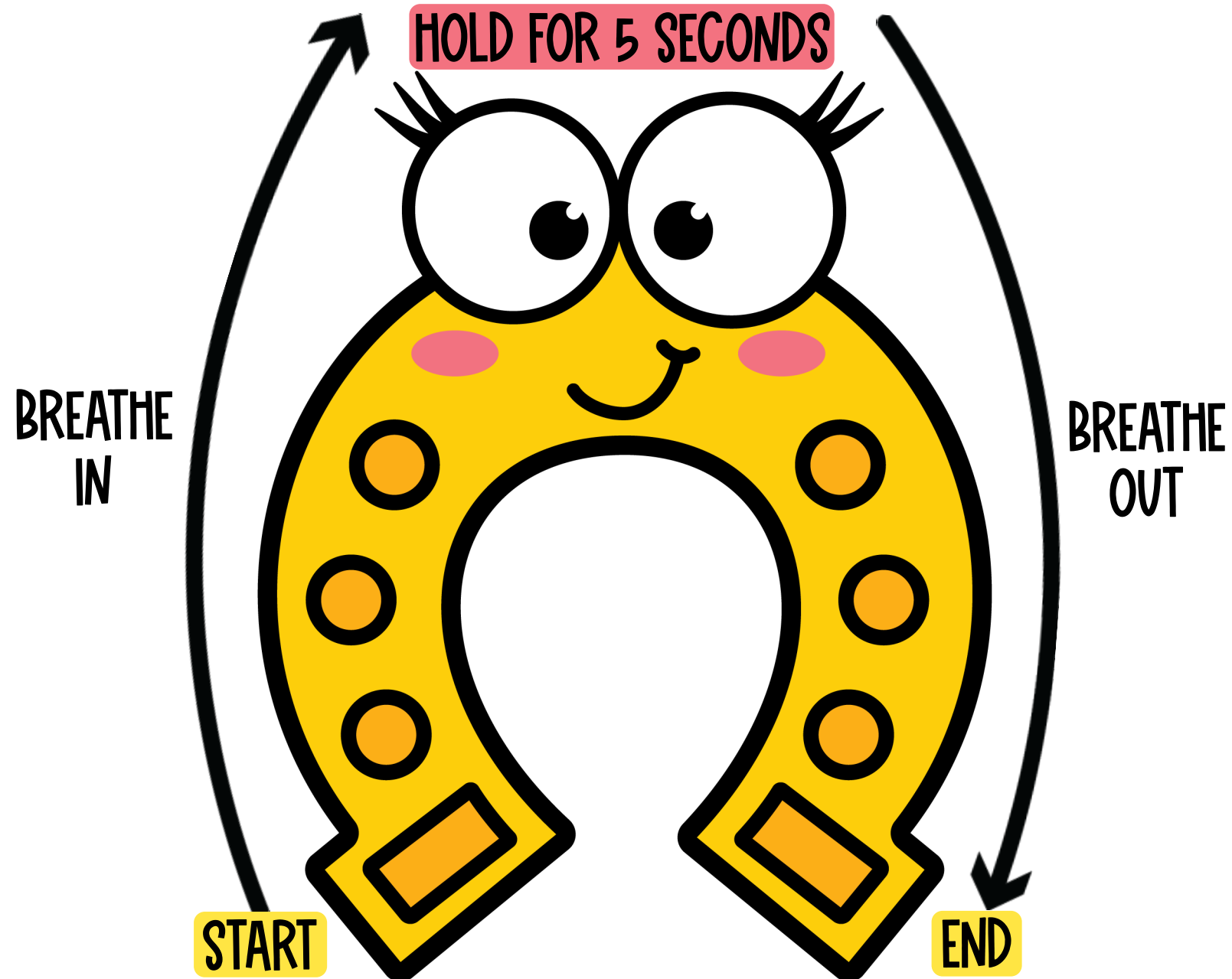
Trace each color of the rainbow with your finger. As you trace one color, breathe in. As you trace the next color, breathe out. When you get to the cloud, share something you love about yourself.



BREATHING

HORSESHOE

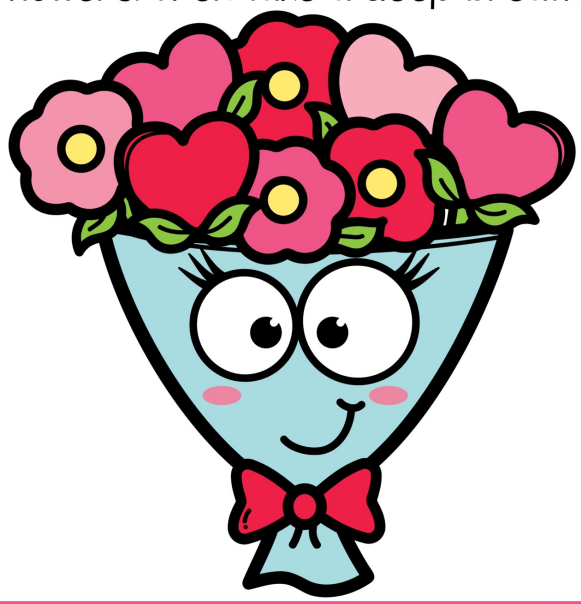
Trace the lines of the horseshoe with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.



BREATHING

FLOWER BOUQUET

Pretend you are holding a beautiful bouquet of flowers. Take a deep breath in and "smell" the flowers. Then take a deep breath out.

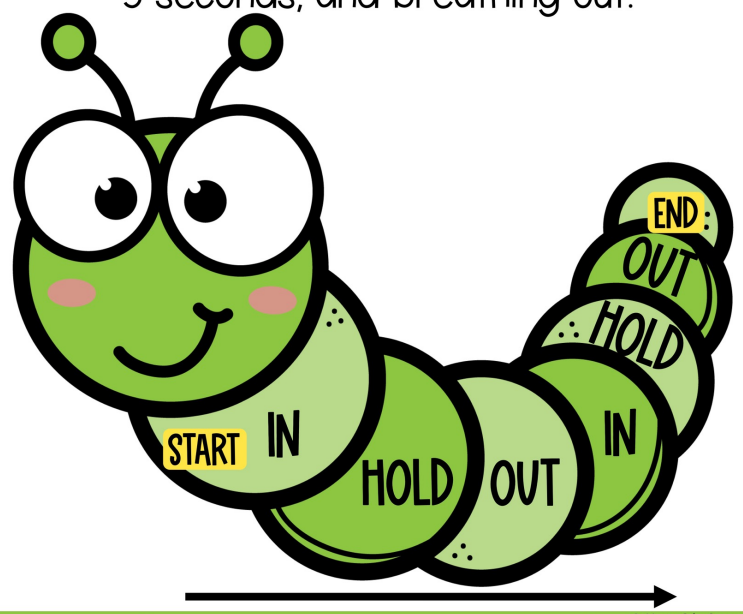


BREATHING

© Music City Counselor

CATERPILLAR

Touch each part of the caterpillar and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.

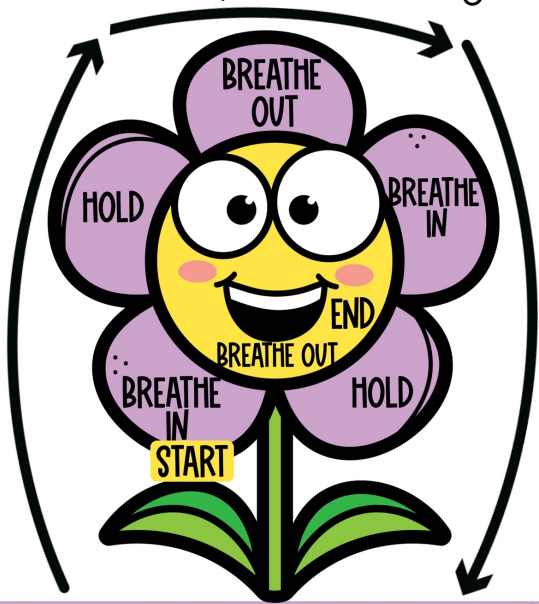


BREATHING

© Music City Counselor

SPRING FLOWER

Touch each petal of the flower and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.

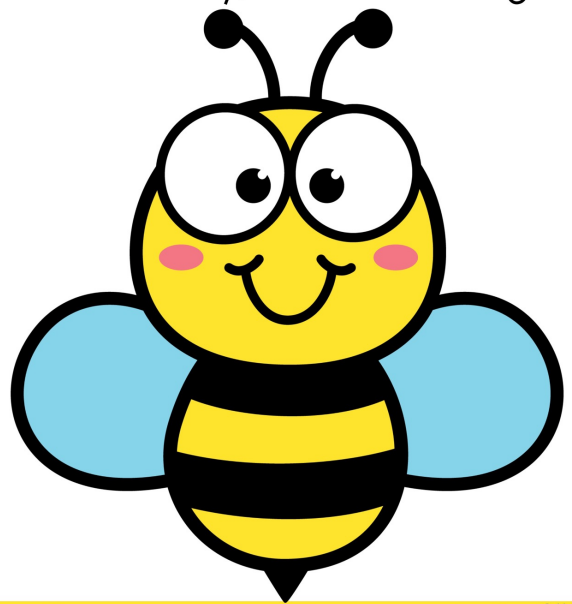


BREATHING

© Music City Counselor

BUMBLE BEE

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.

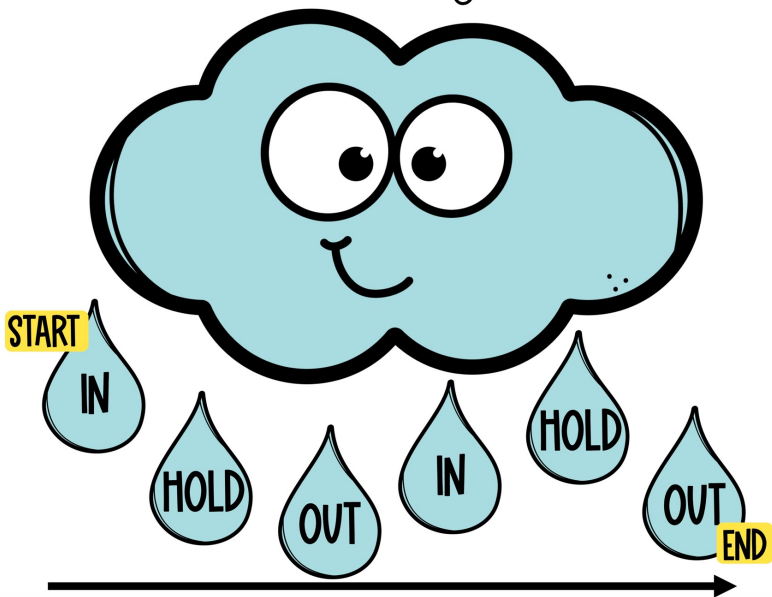


BREATHING

© Music City Counselor

RAINY DAY

Touch each raindrop and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.

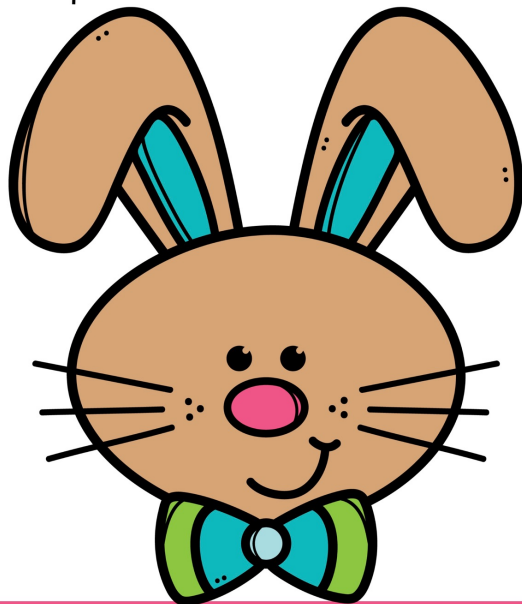


© Music City Counselor

BREATHING

BUNNY

Pretend you are a bunny. Take 3 hops forward and breathe in. Hold for 5 seconds. Take 3 hops backwards and breathe out.

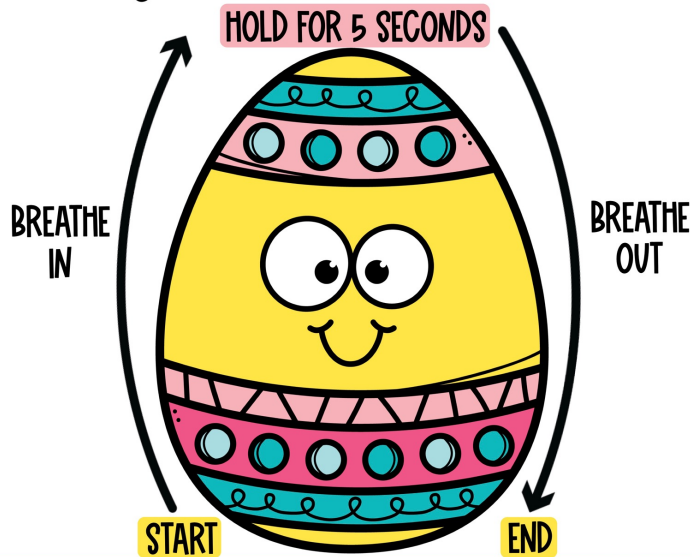


© Music City Counselor

BREATHING

SPRING EGG

Trace the lines of the egg with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

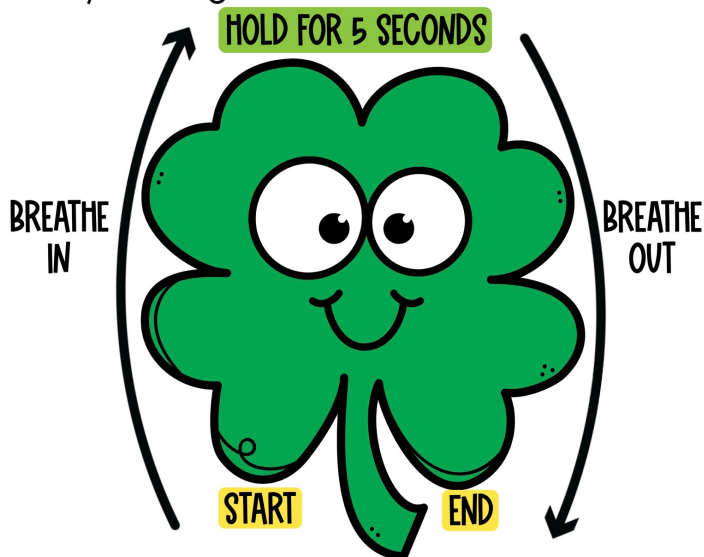


© Music City Counselor

BREATHING

SHAMROCK

Trace the leaves of the shamrock with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

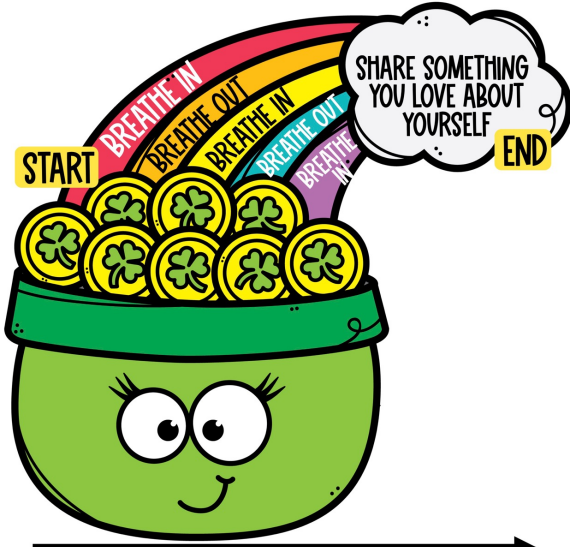


© Music City Counselor

BREATHING

POT OF GOLD

Trace each color of the rainbow with your finger. As you trace one color, breathe in. As you trace the next color, breathe out. When you get to the cloud, share something you love about yourself.

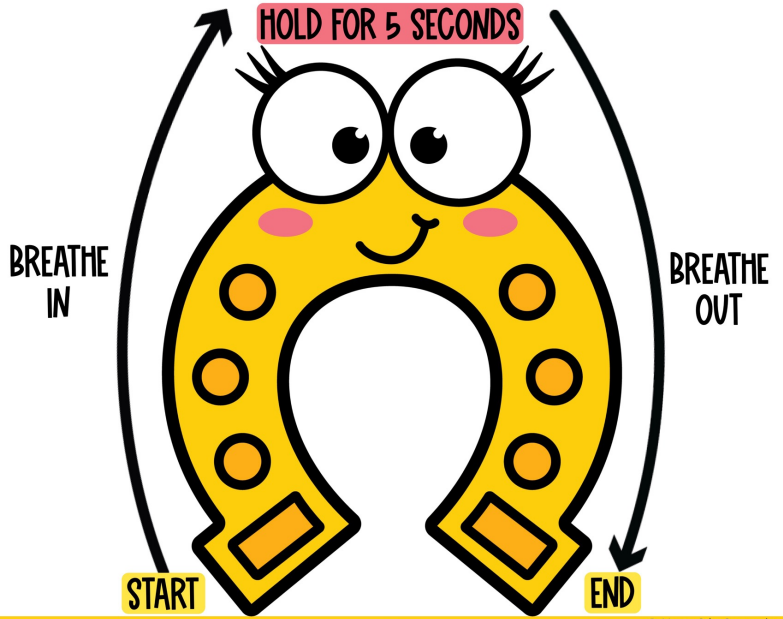


© Music City Counselor

BREATHING

HORSESHOE

Trace the lines of the horseshoe with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.

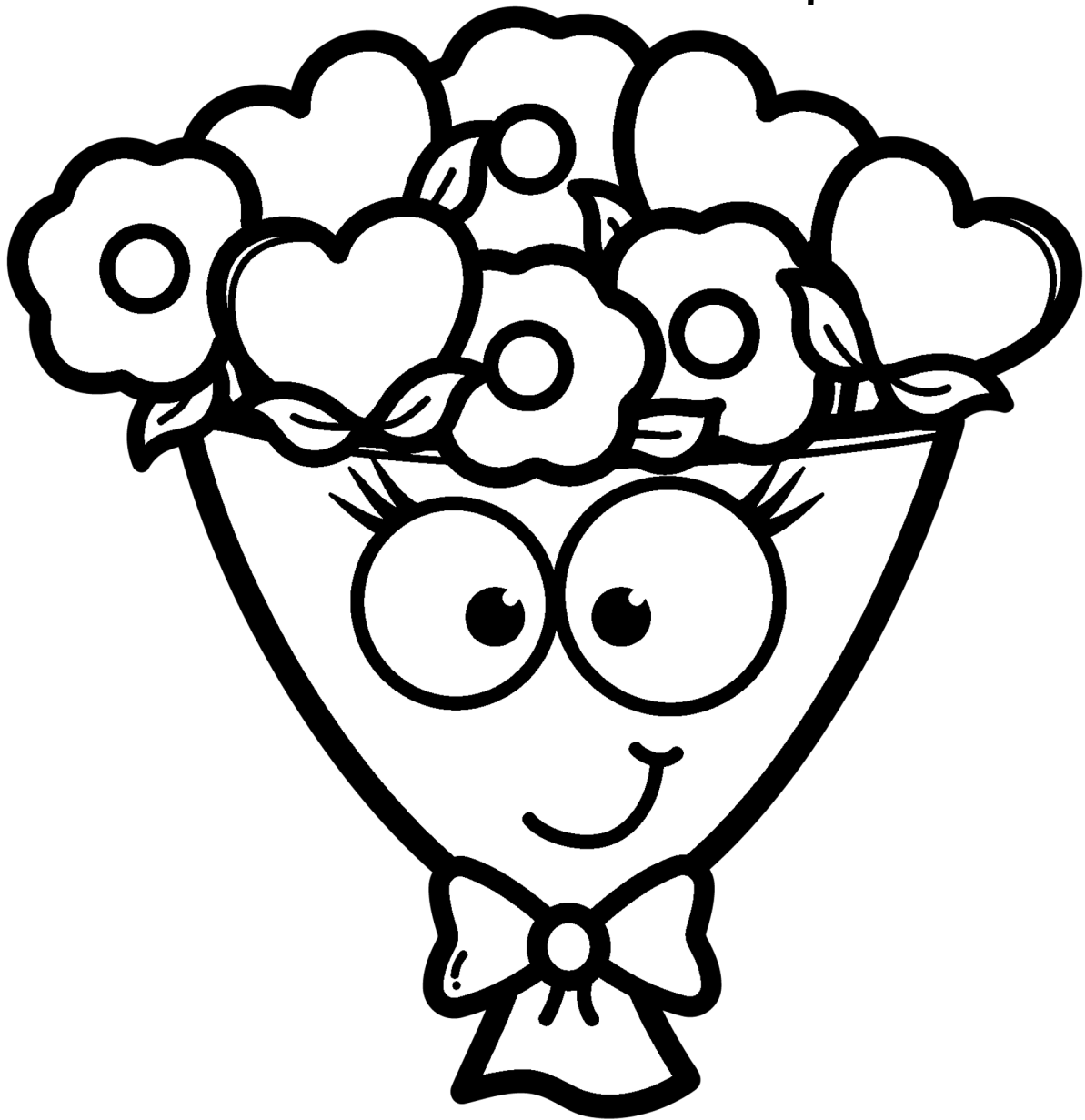


© Music City Counselor

BREATHING

FLOWER BOUQUET

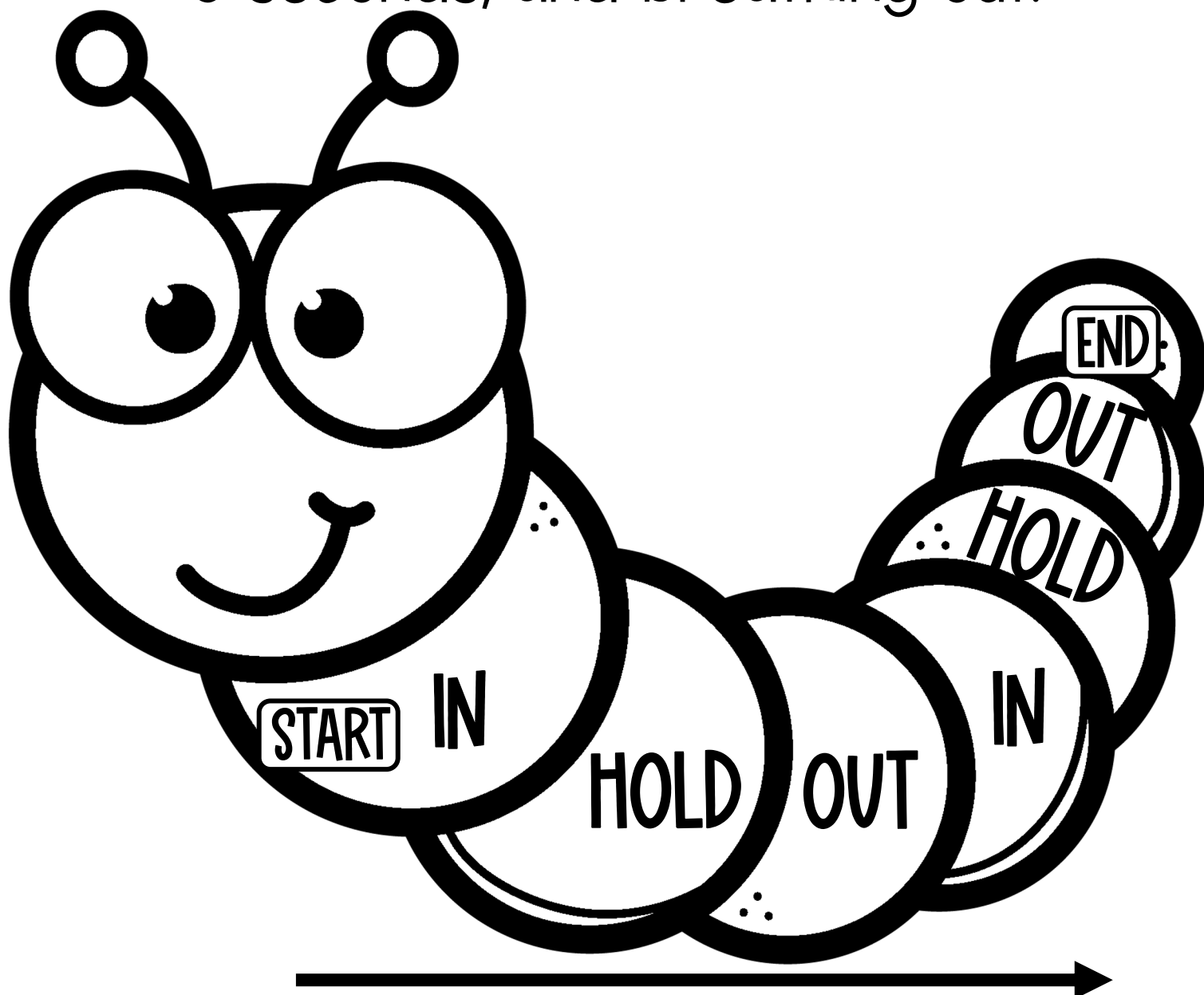
Pretend you are holding a beautiful bouquet of flowers. Take a deep breath in and "smell" the flowers. Then take a deep breath out.



BREATHING

CATERPILLAR

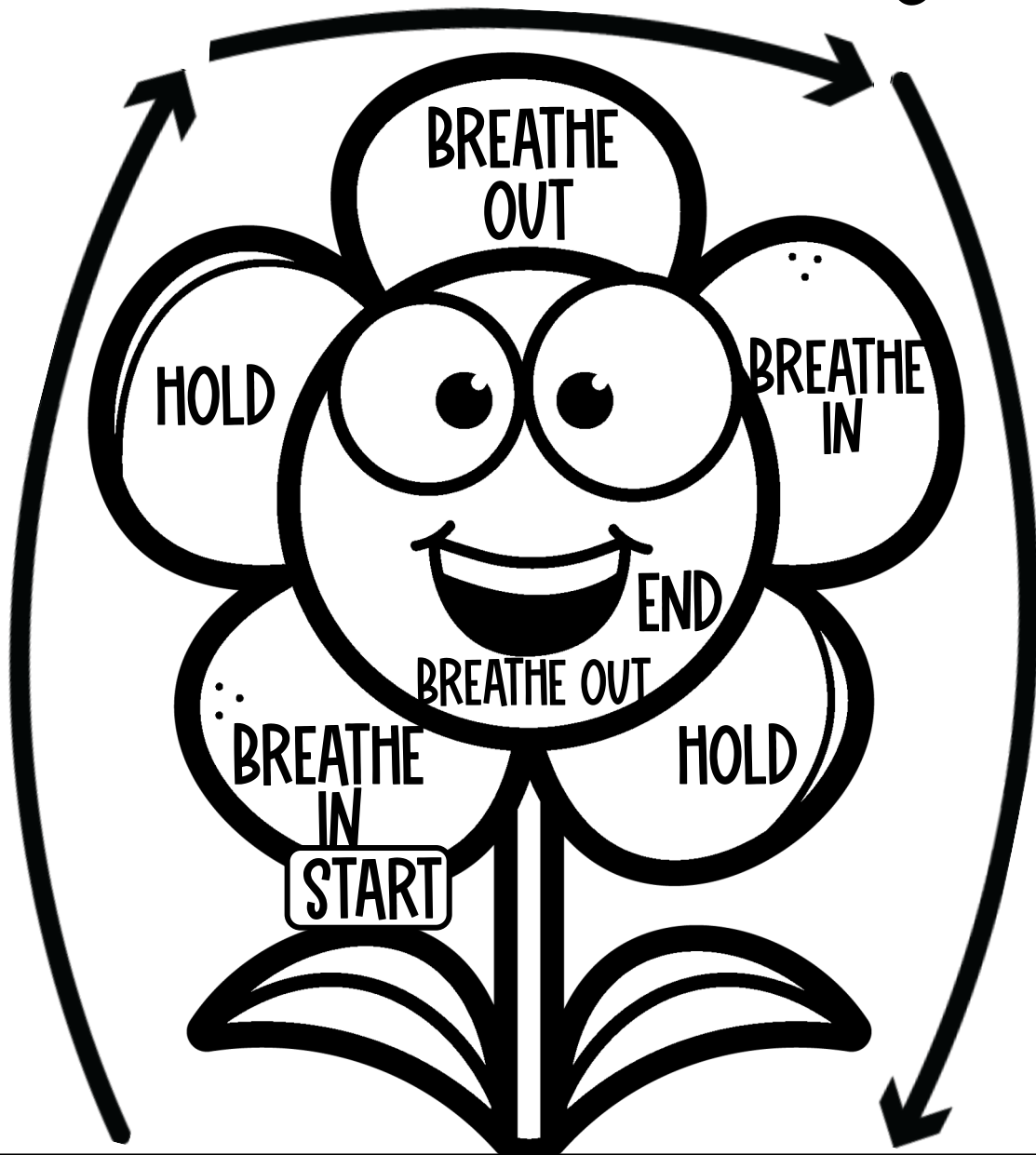
Touch each part of the caterpillar and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

SPRING FLOWER

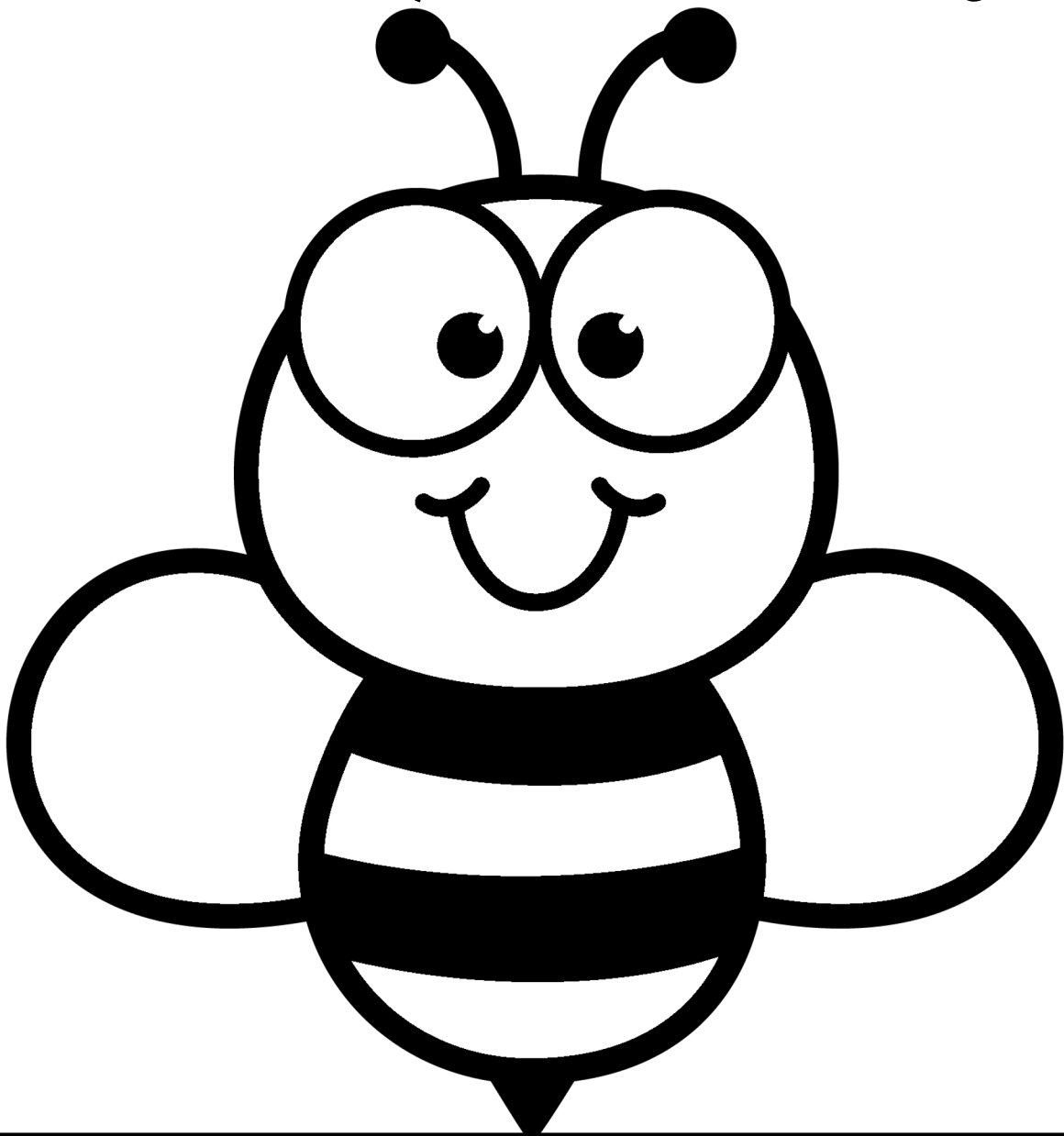
Touch each petal of the flower and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

BUMBLE BEE

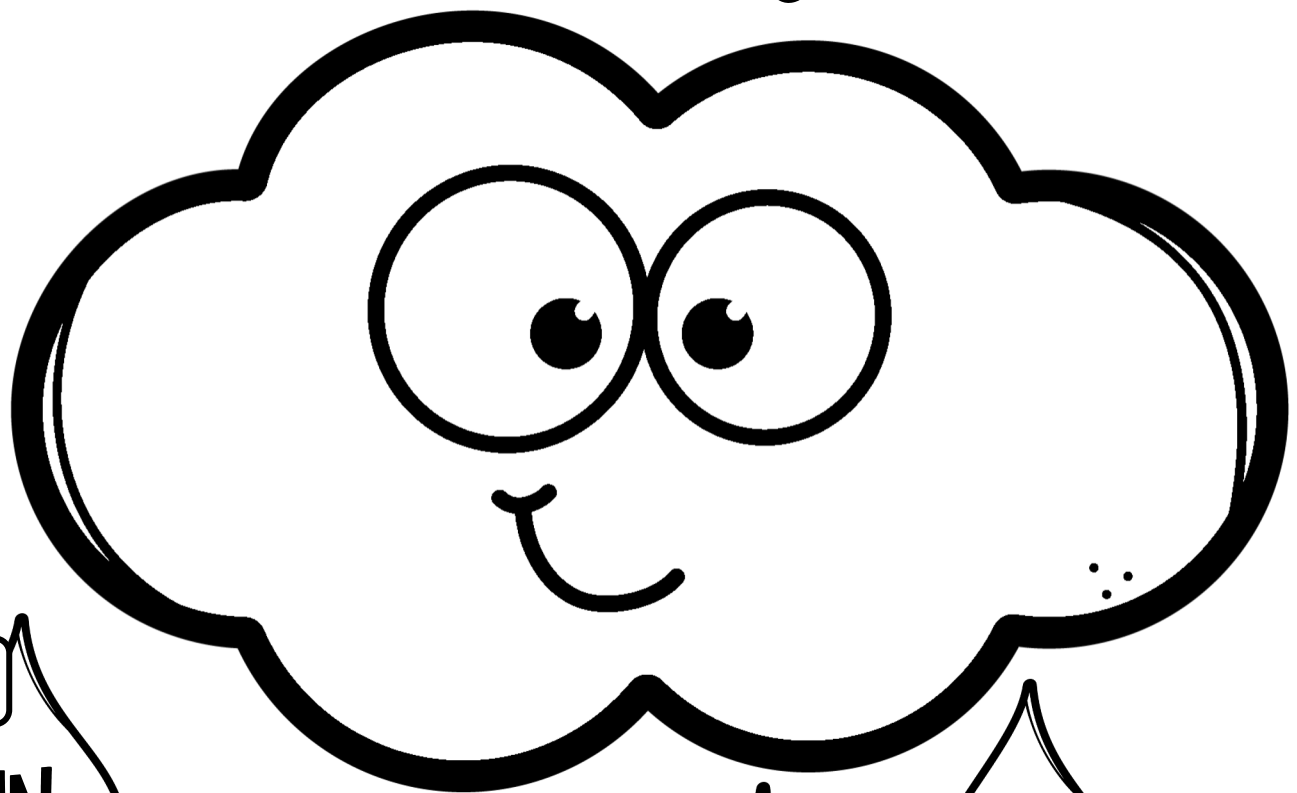
Pretend you are a bee. Take a deep breath in and hold it for 5 seconds. Then, as you breathe out slowly, make a buzzing sound.



BREATHING

RAINY DAY

Touch each raindrop and follow the arrow.
Practice breathing in, holding for 5 seconds,
and breathing out.



START

IN

HOLD

OUT

IN

HOLD

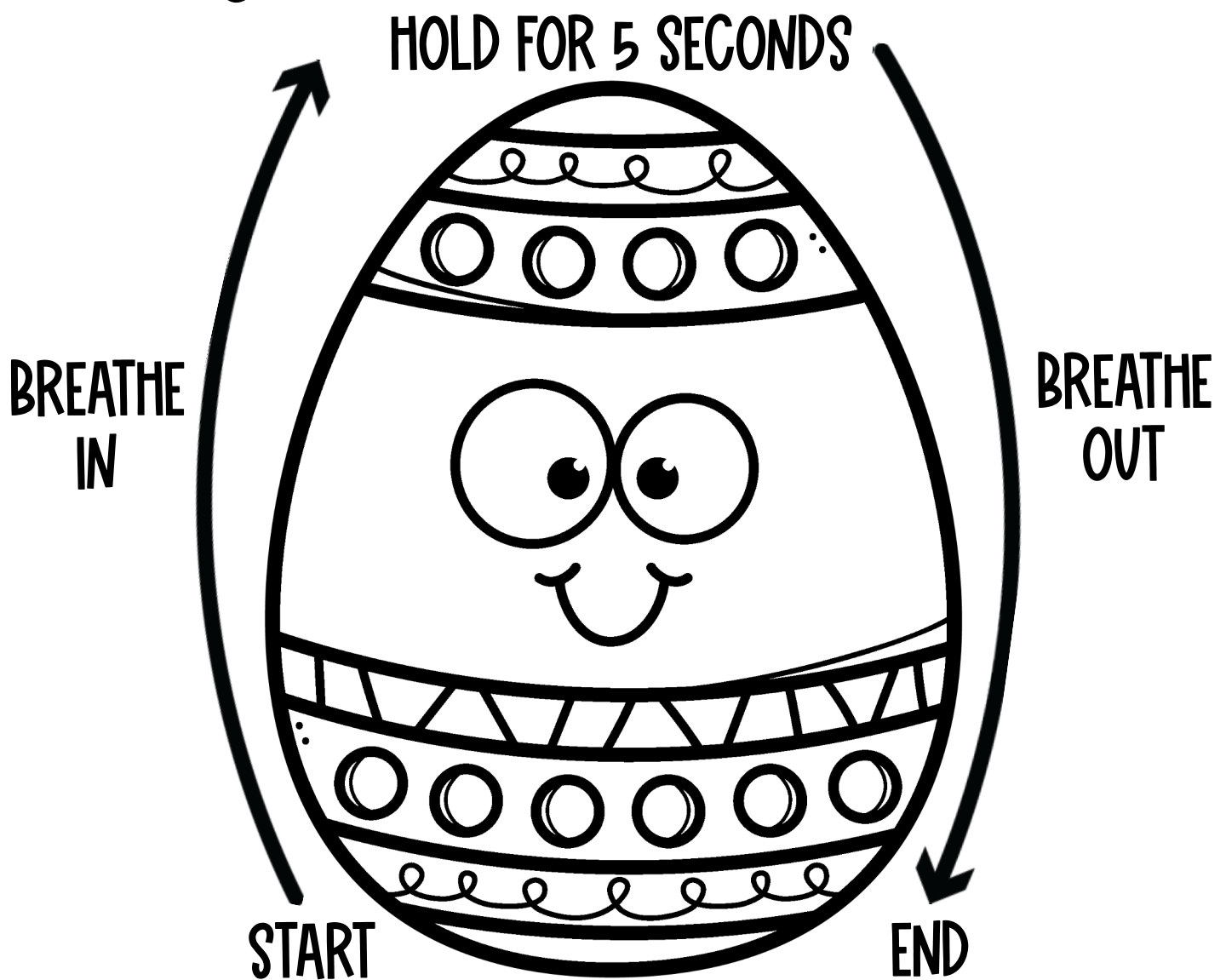
OUT

END

BREATHING

SPRING EGG

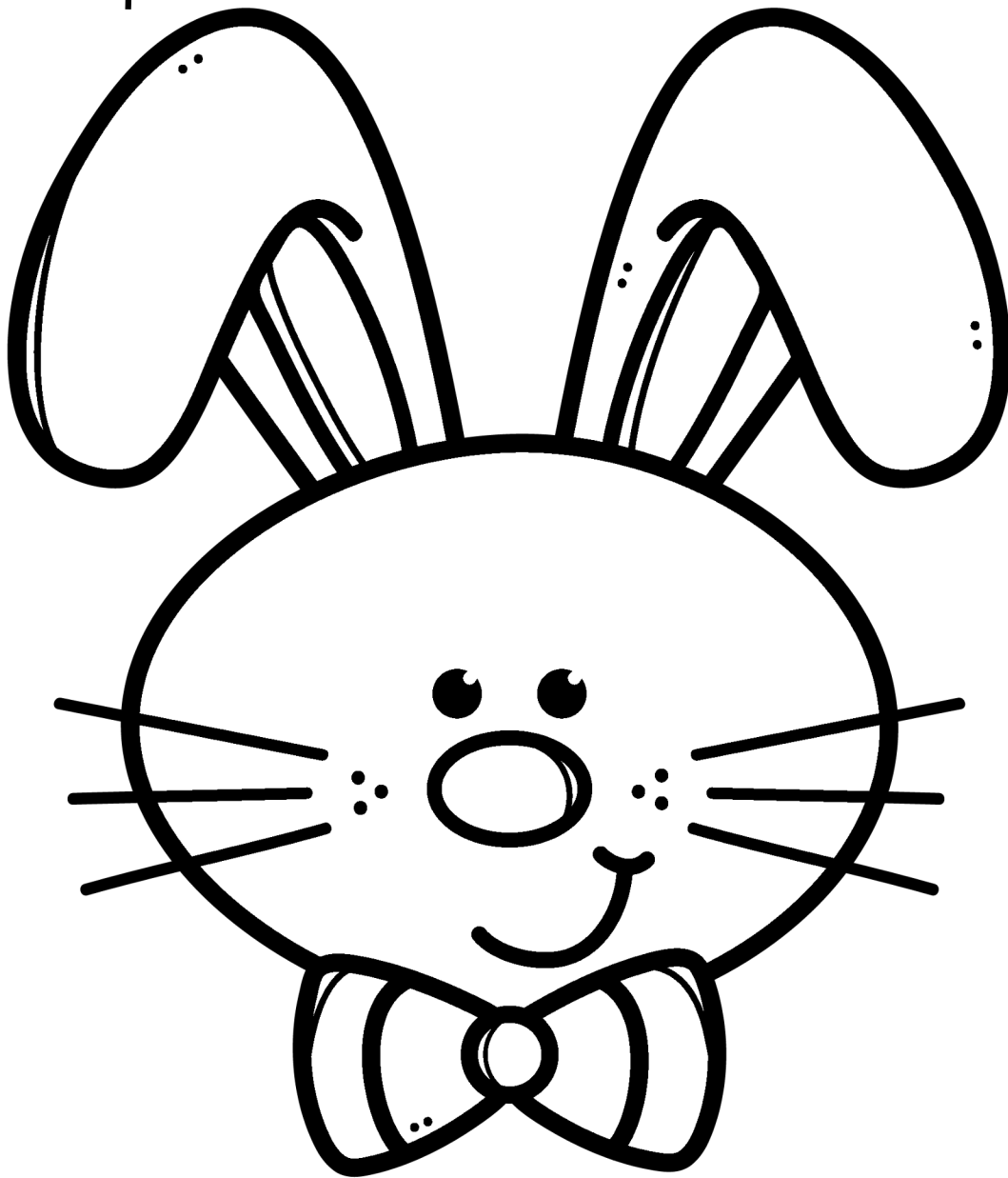
Trace the lines of the egg with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.



BREATHING

BUNNY

Pretend you are a bunny. Take 3 hops forward and breathe in. Hold for 5 seconds. Take 3 hops backwards and breathe out.

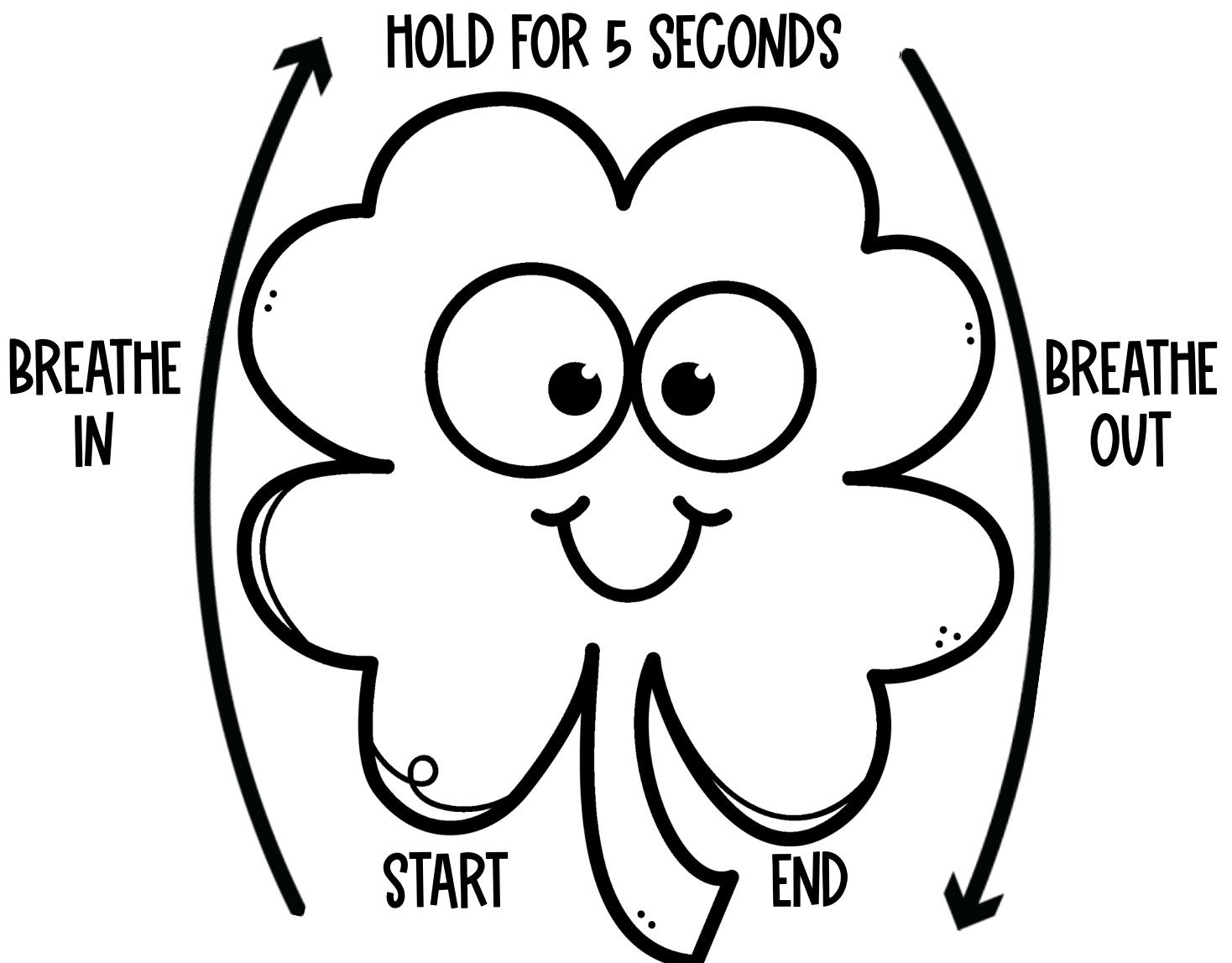


BREATHING

SHAMROCK

Trace the leaves of the shamrock with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds.

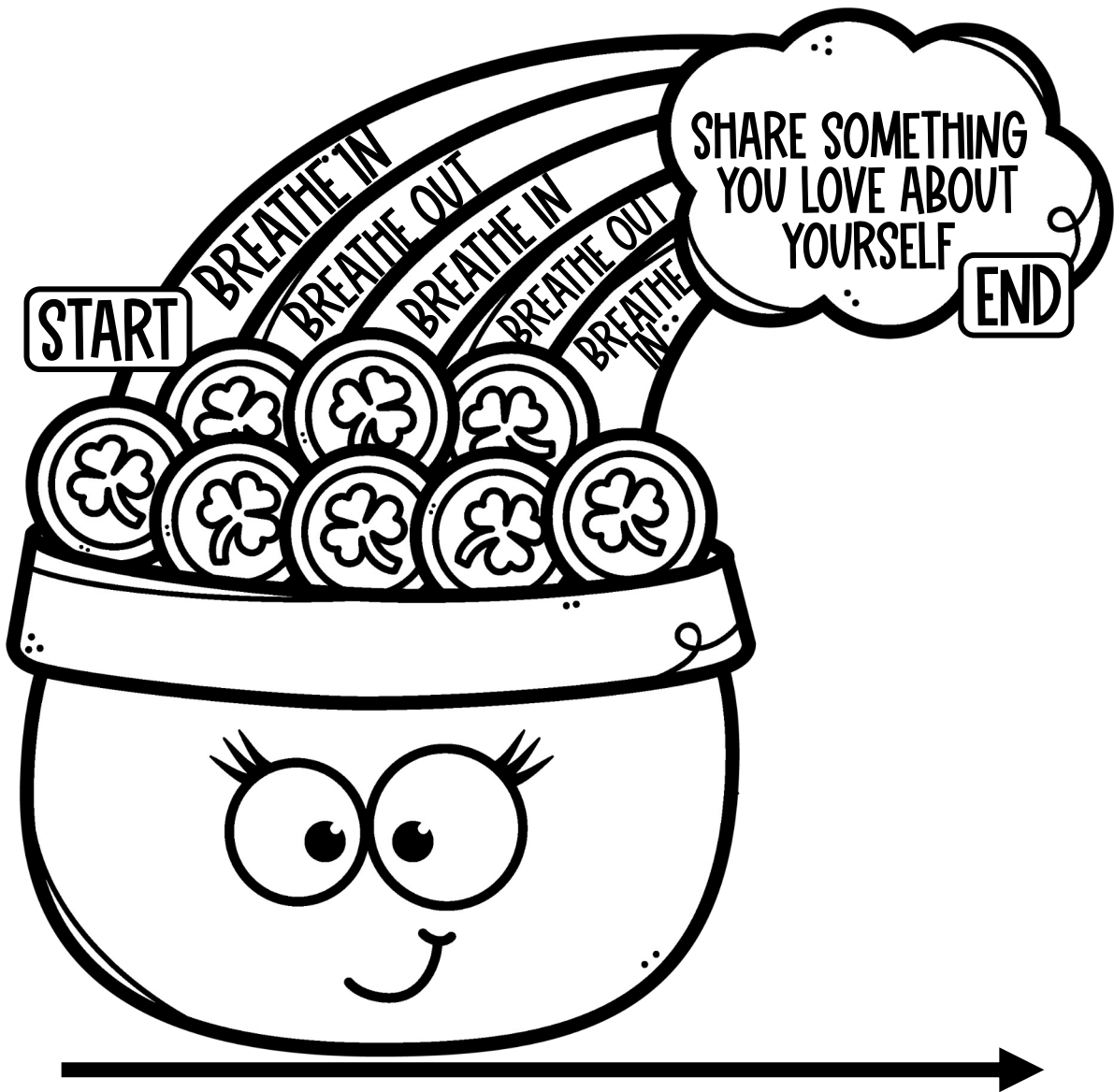
As your finger traces down, breathe out.



BREATHING

POT OF GOLD

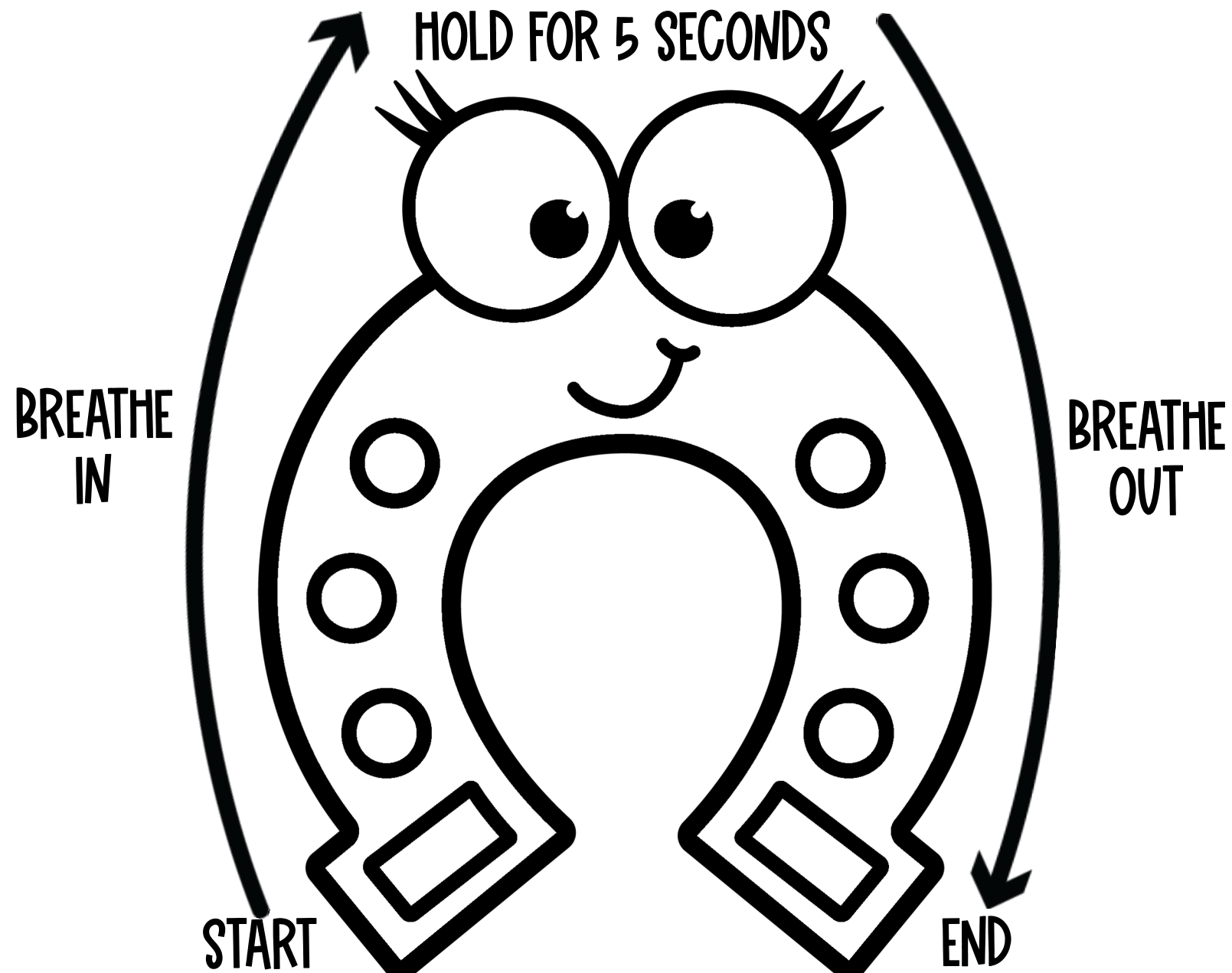
Trace each color of the rainbow with your finger. As you trace one color, breathe in. As you trace the next color, breathe out. When you get to the cloud, share something you love about yourself.



BREATHING

HORSESHOE

Trace the lines of the horseshoe with your finger. As your finger traces up, breathe in. When you get to the top, hold for 5 seconds. As your finger traces down, breathe out.



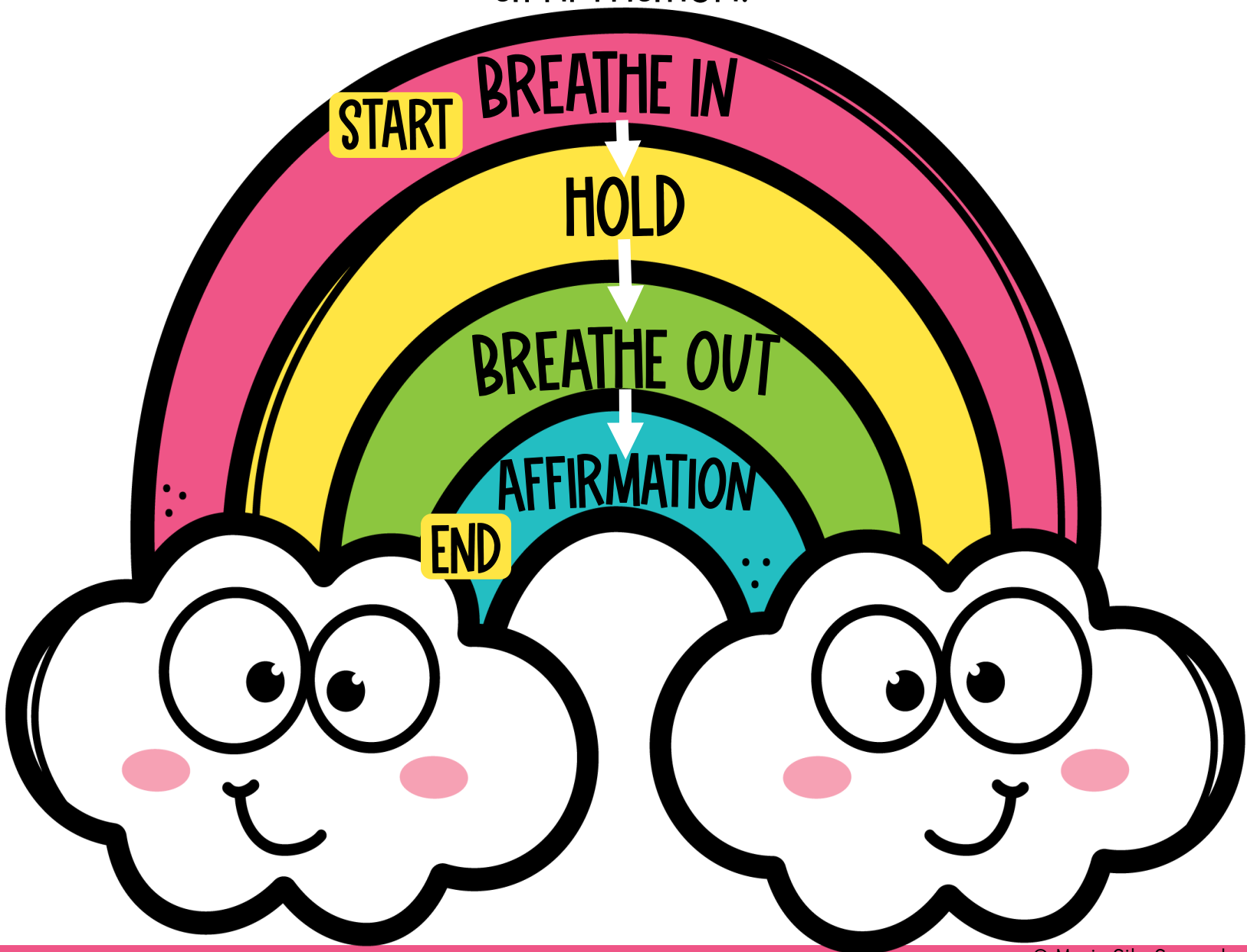
© Music City Counselor

BREATHING

SUMMER

RAINBOW

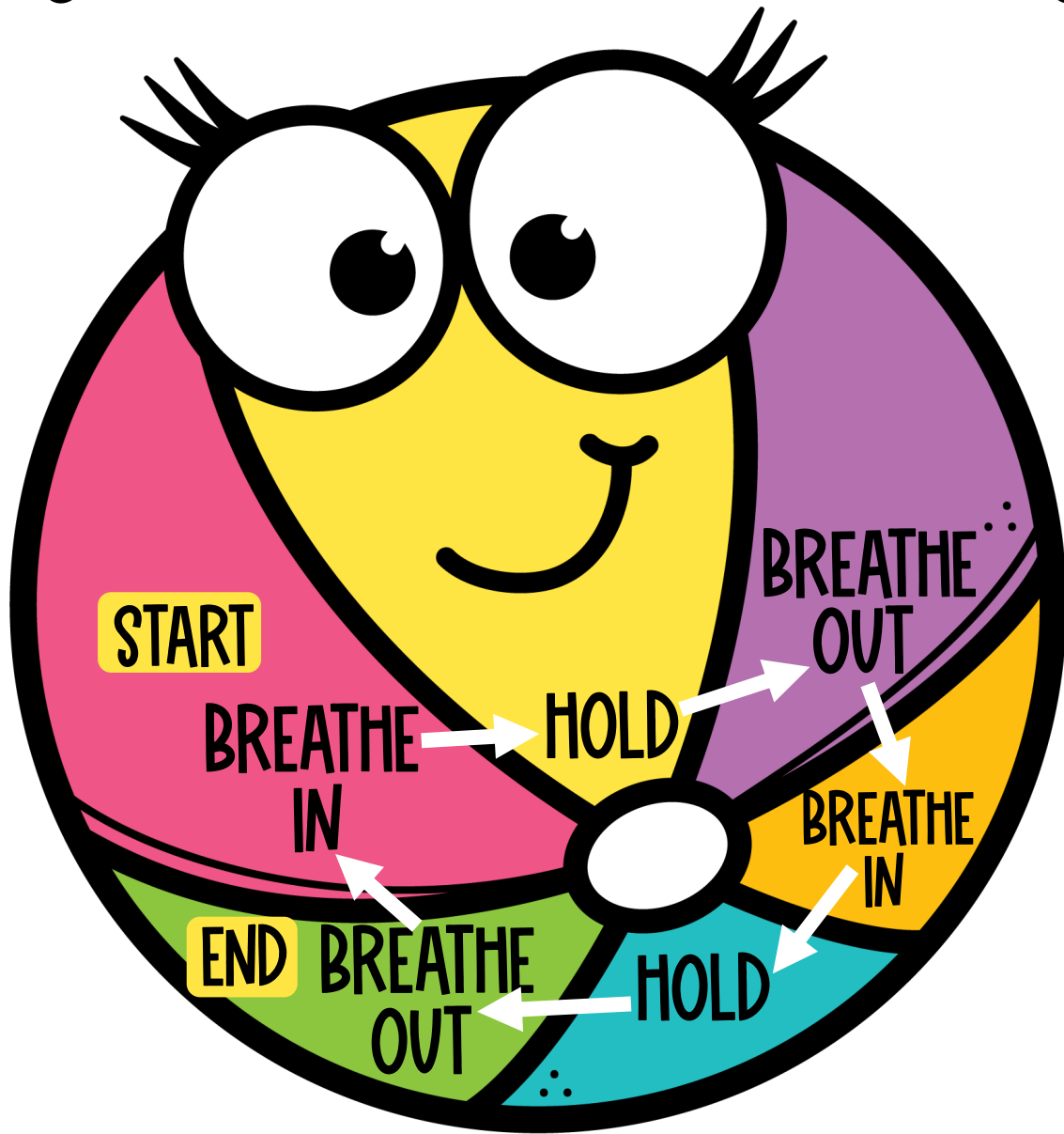
Touch each color of the rainbow and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out. On the last color, say a positive affirmation.



BREATHING

BEACH BALL

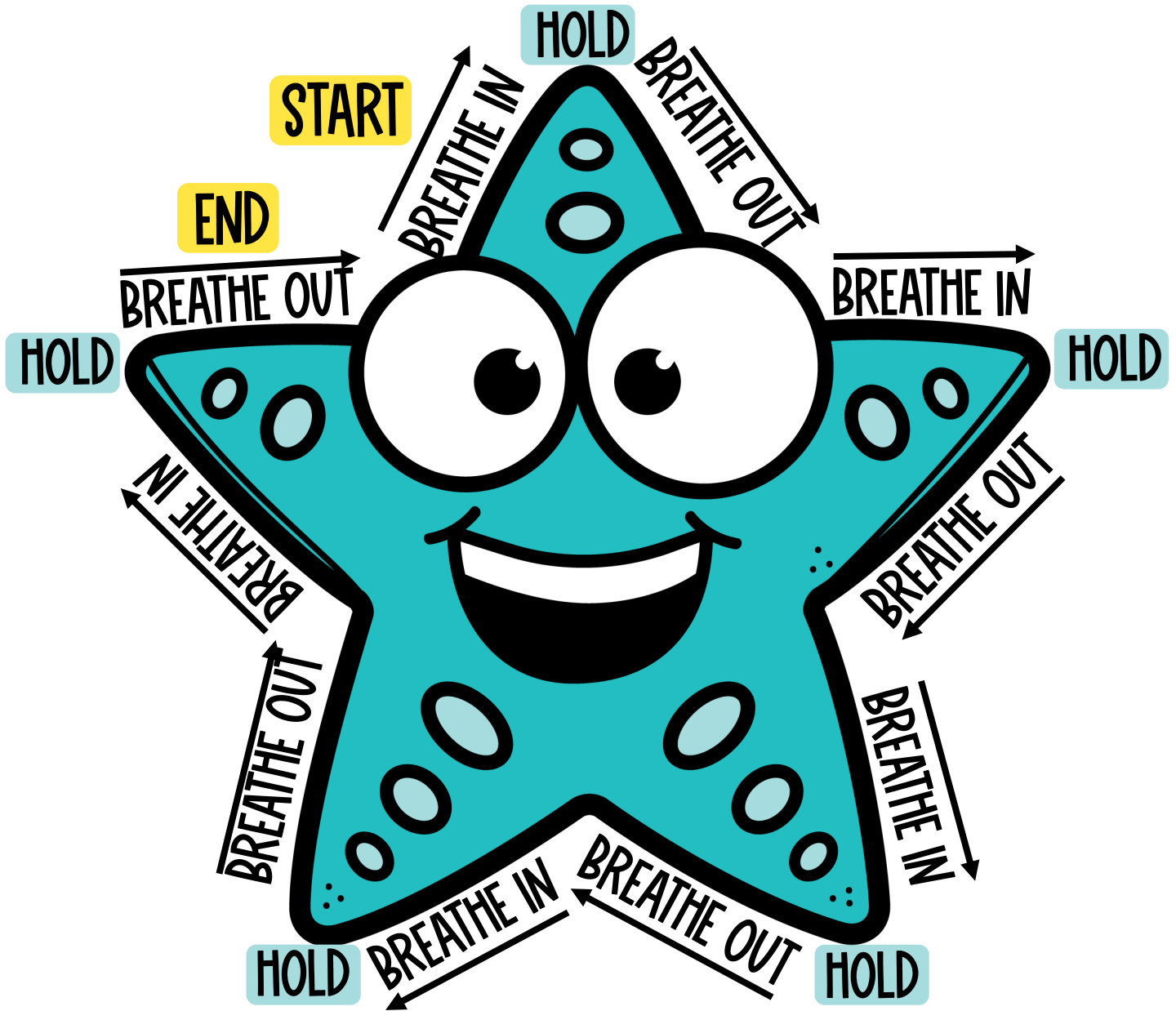
Touch each color of the beach ball and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

STARFISH

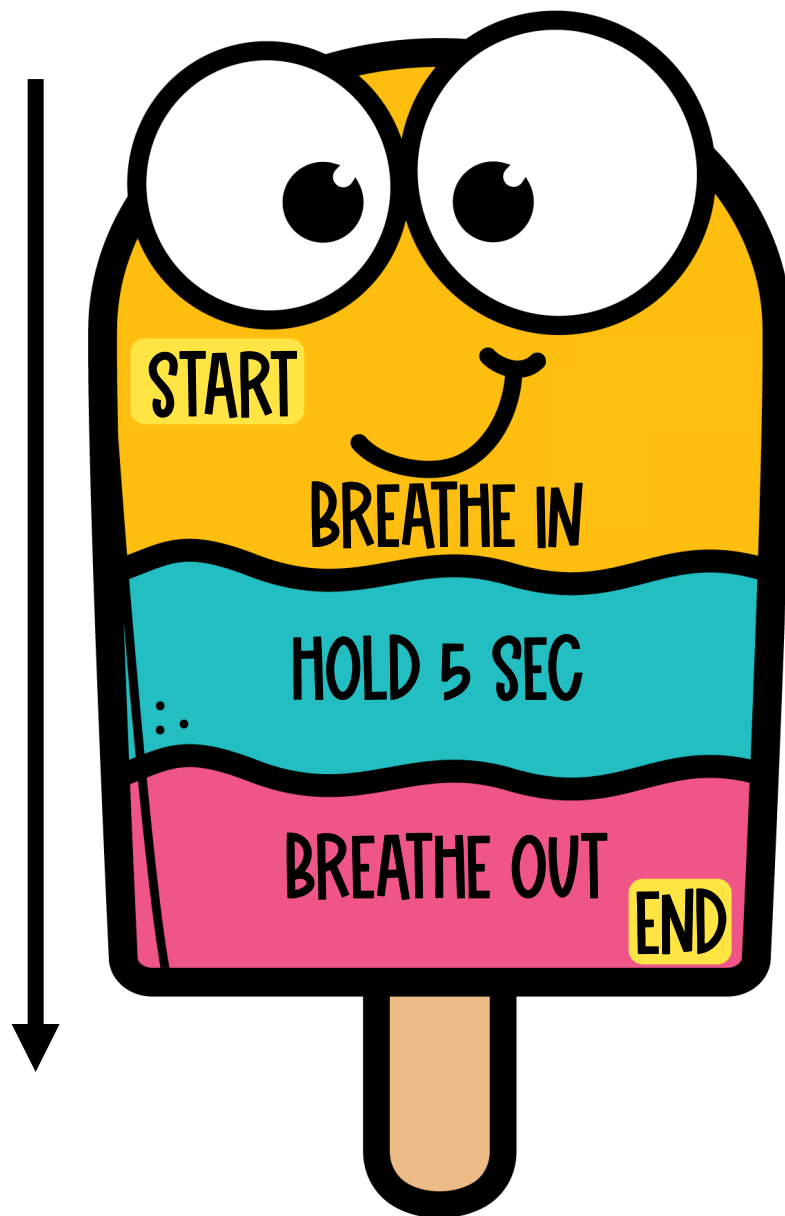
Trace the lines of the starfish with your finger. Follow the arrows and breathe in and out. At each point of the starfish, hold your breath for 5 seconds.



BREATHING

POPSICLE

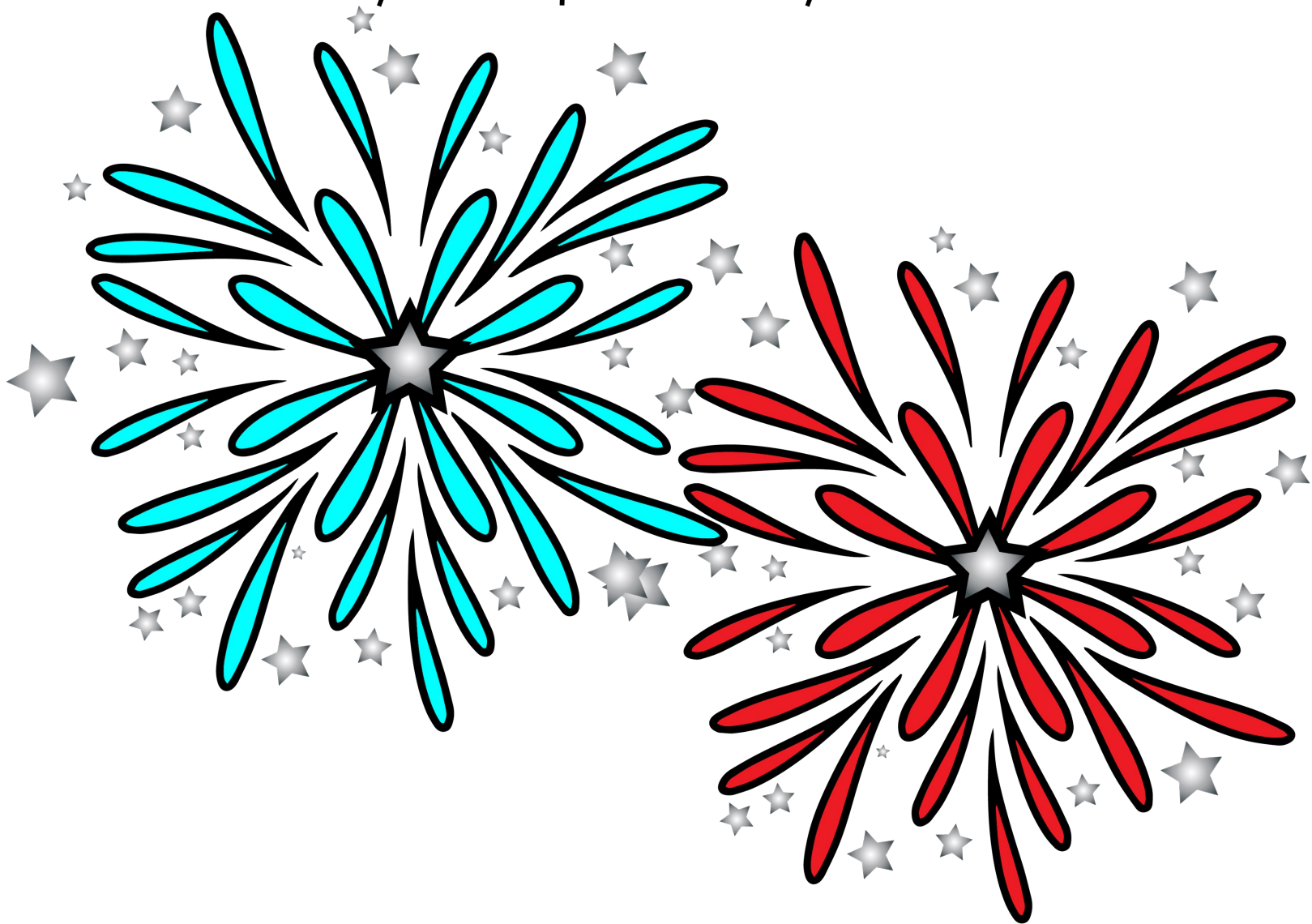
Touch each color of the popsicle and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

FOURTH OF JULY

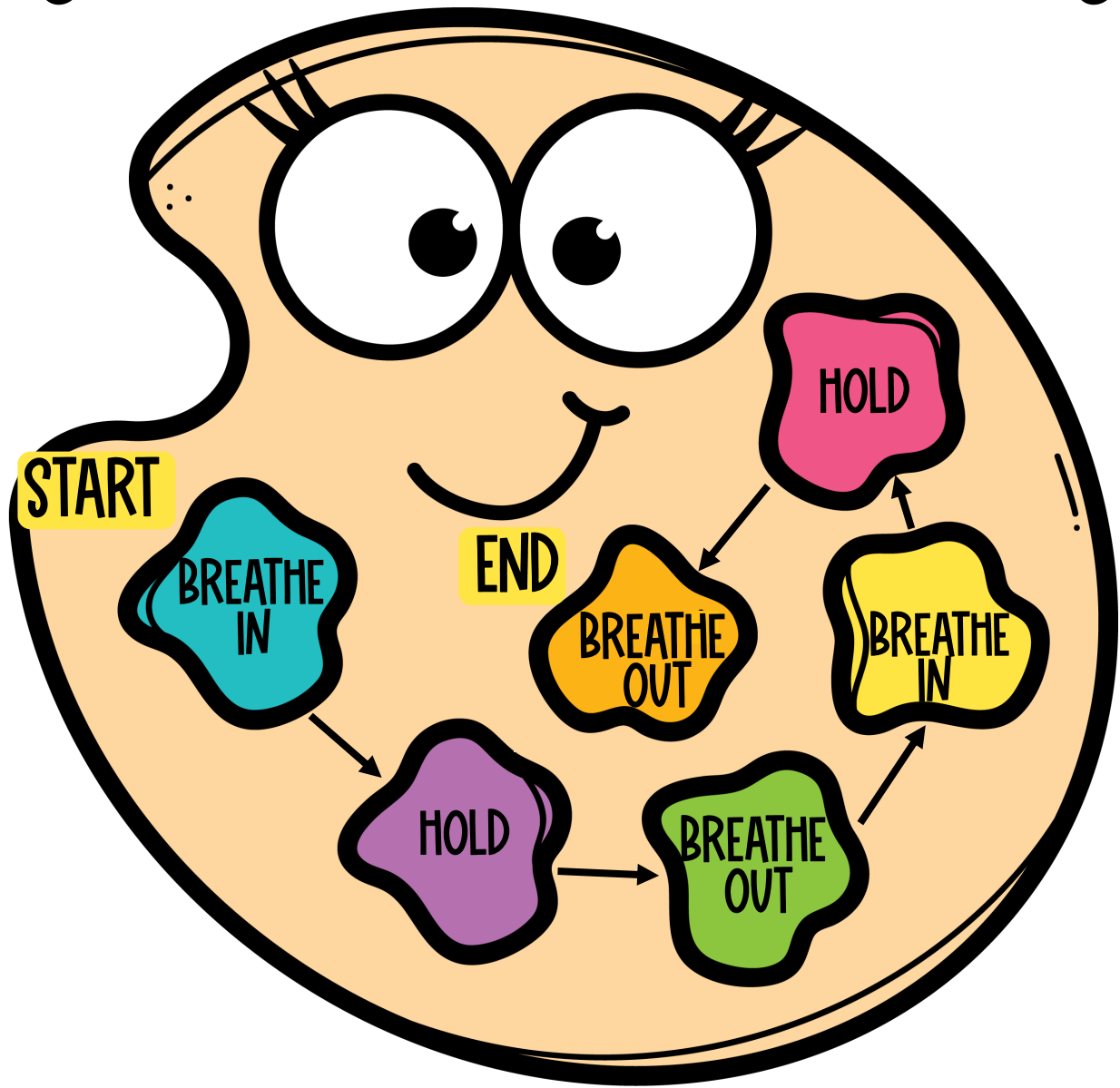
Pretend you are a firework. Take a deep breath in and raise your hands up over your head. Clap and say, "Boom!" Then, lower your hands to your lap and say, "Shhhhhhhh."



BREATHING

BACK TO SCHOOL

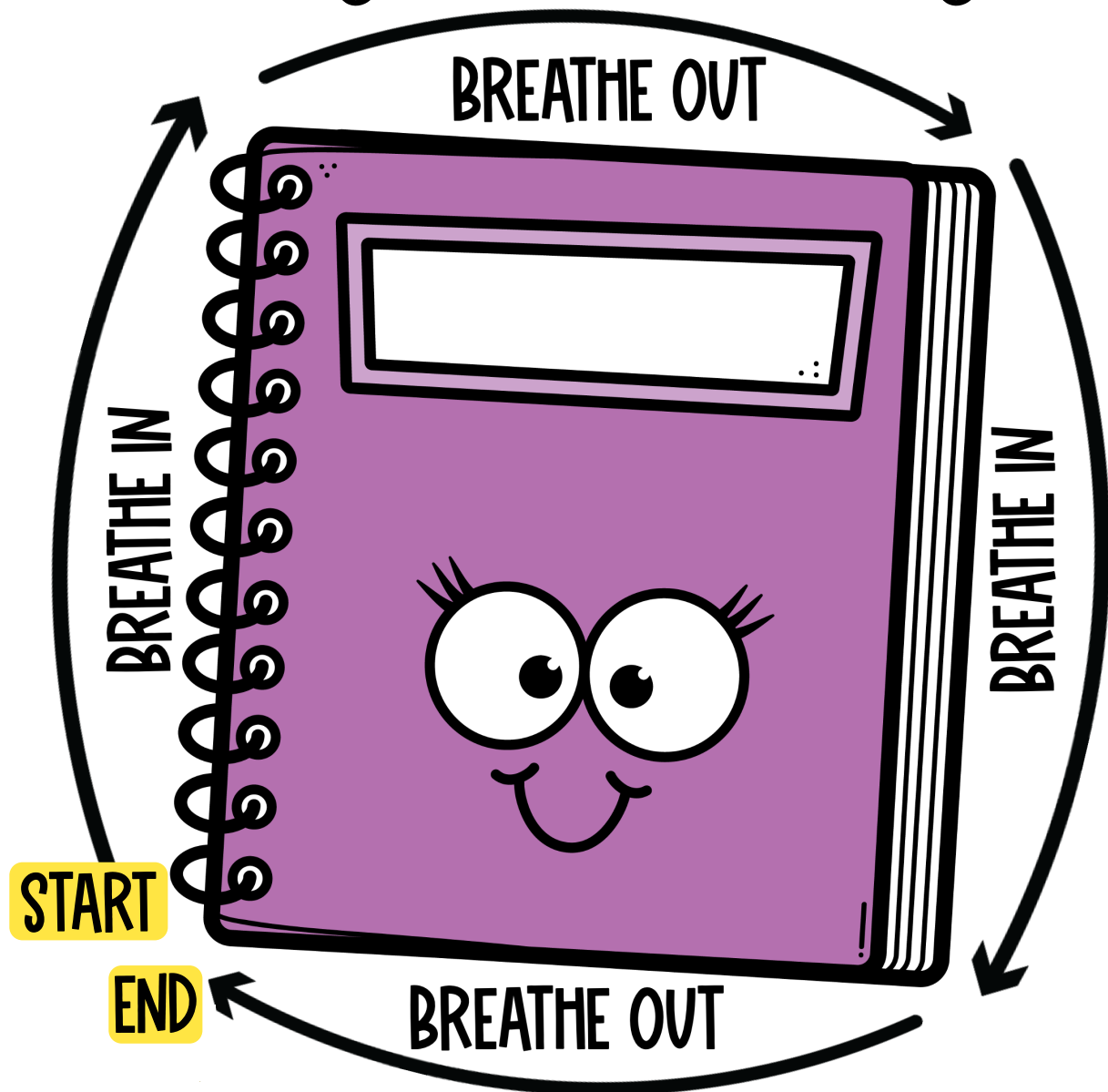
Touch each color on the palette and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

BACK TO SCHOOL

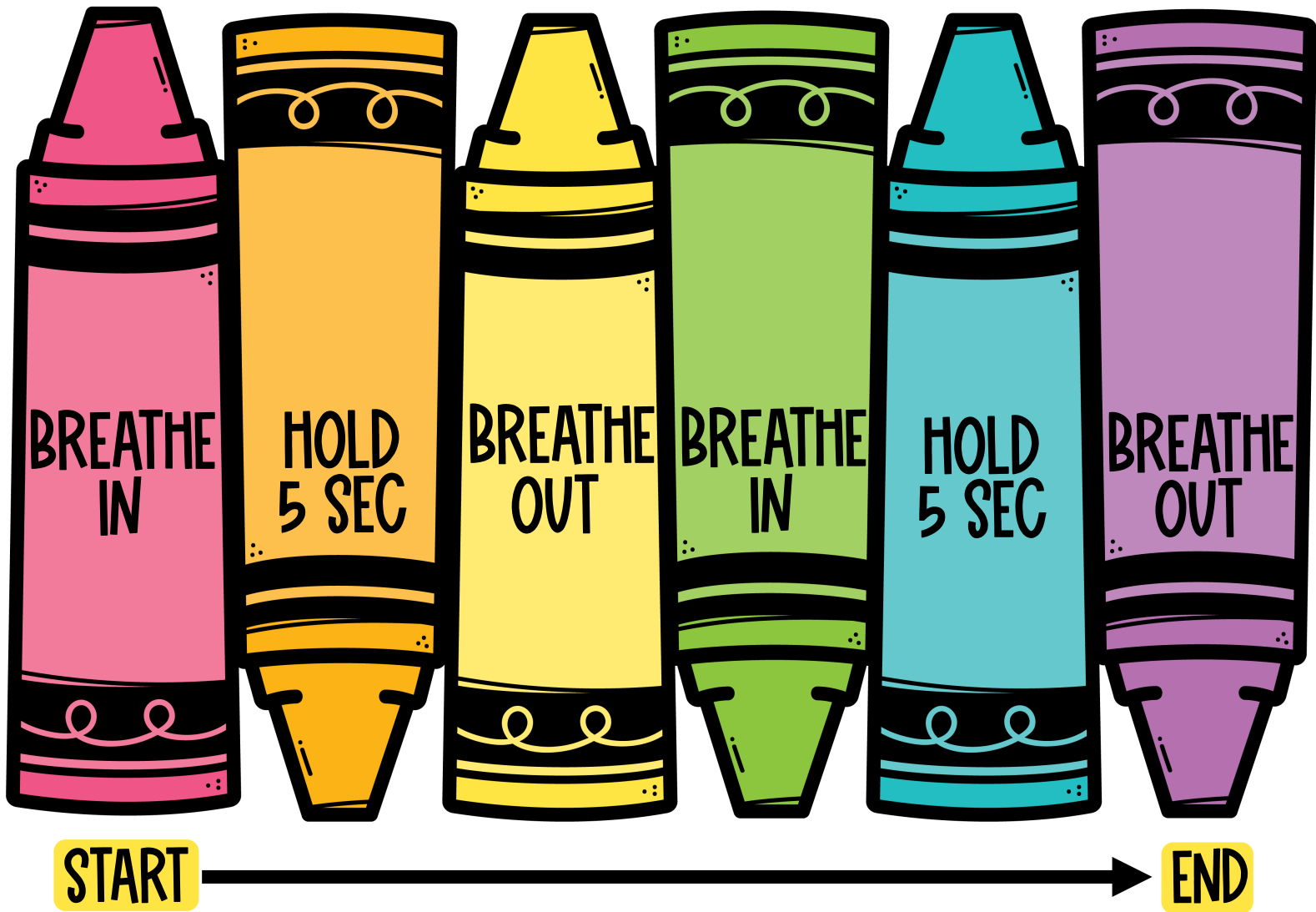
Trace the lines of the notebook with your finger and follow the arrows. Practice breathing in and breathing out.



BREATHING

BACK TO SCHOOL

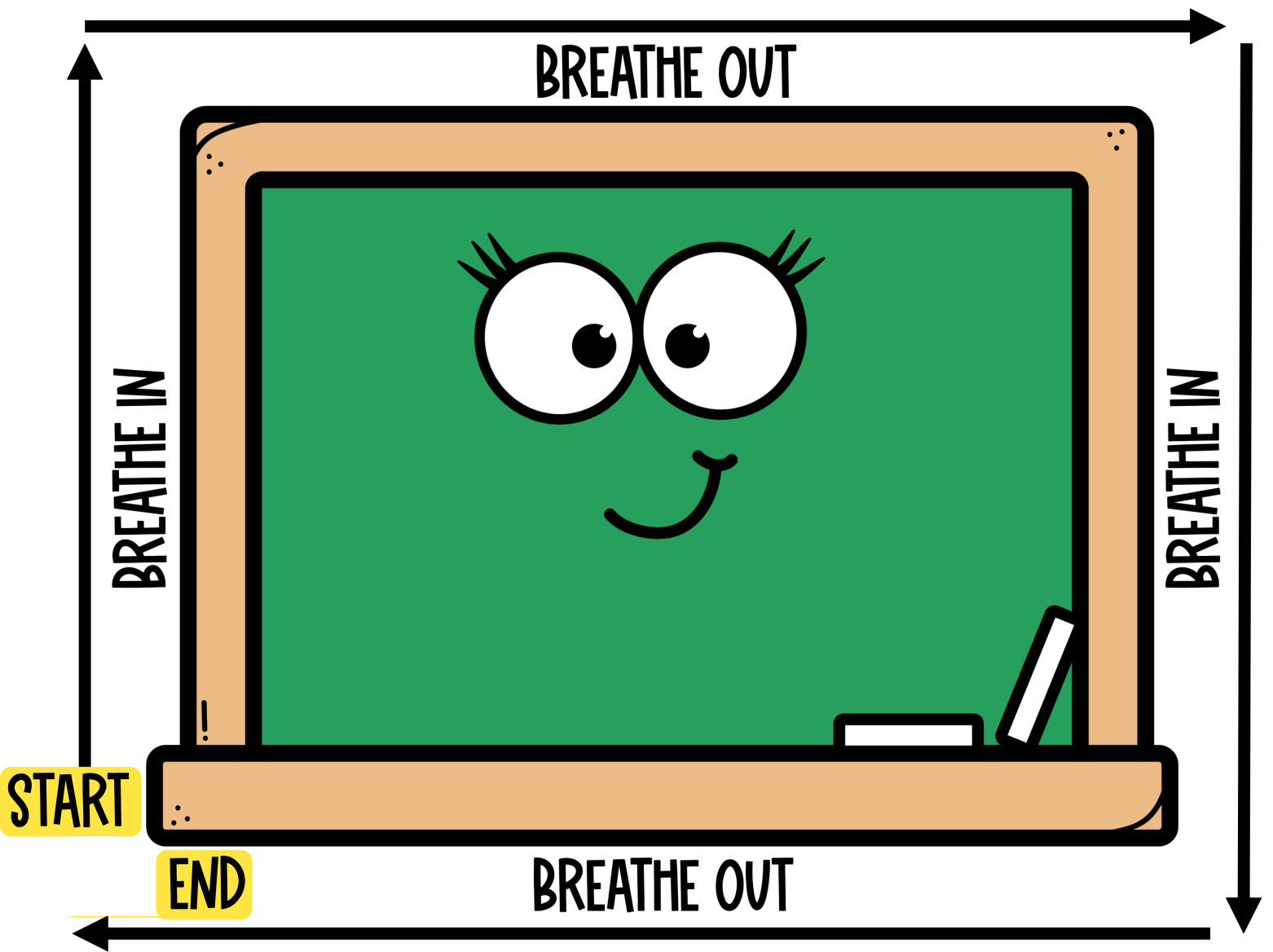
Touch each crayon and follow the arrow.
Practice breathing in, holding for
5 seconds, and breathing out.



BREATHING

BACK TO SCHOOL

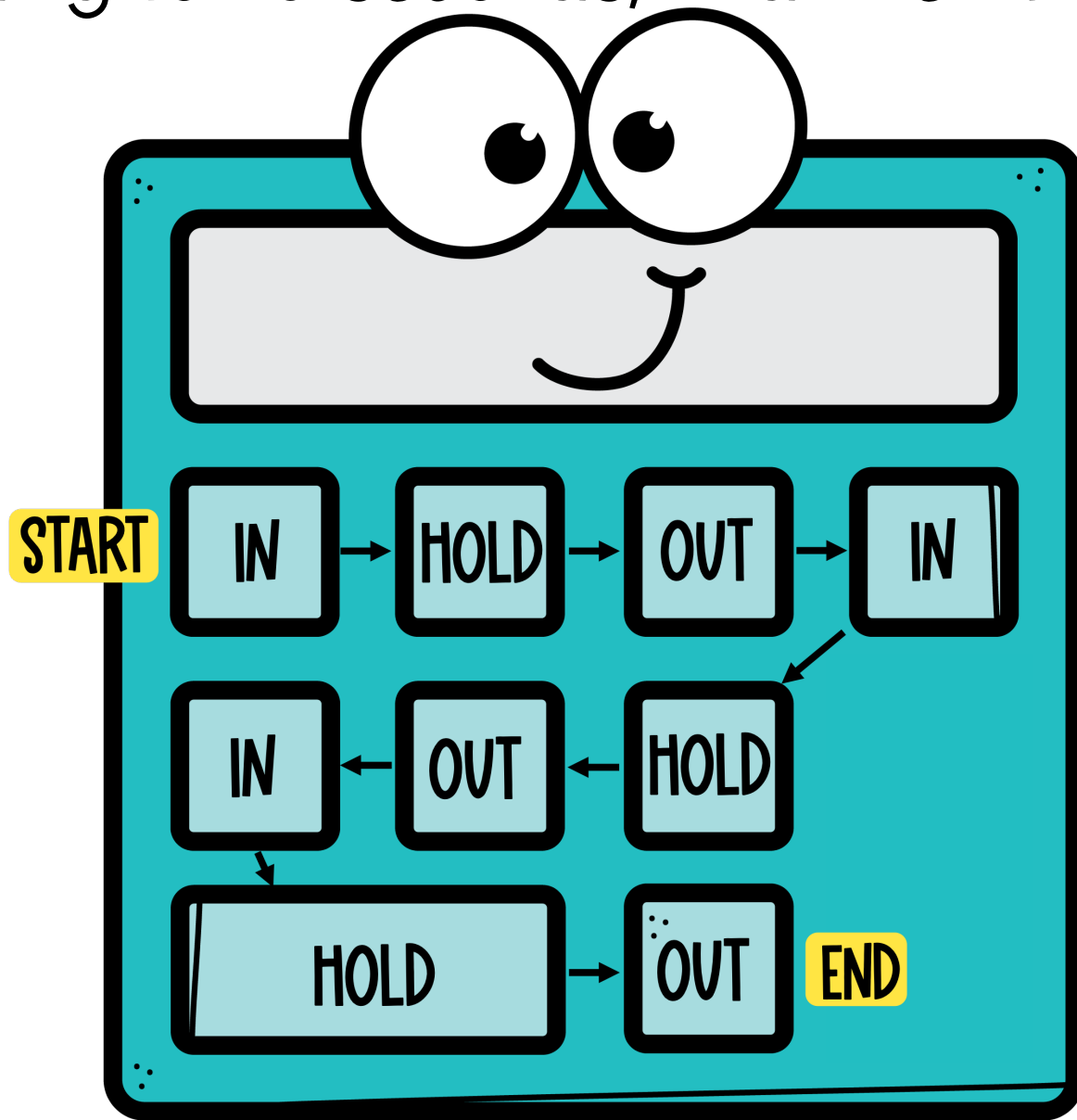
Trace the lines of the chalkboard with your finger and follow the arrows. Practice breathing in and breathing out.



BREATHING

BACK TO SCHOOL

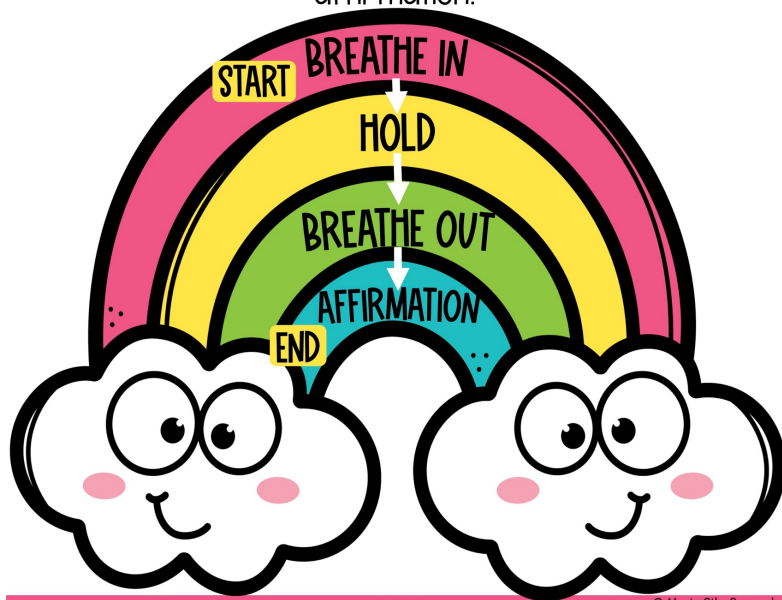
Touch each button on the calculator and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

RAINBOW

Touch each color of the rainbow and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out. On the last color, say a positive affirmation.

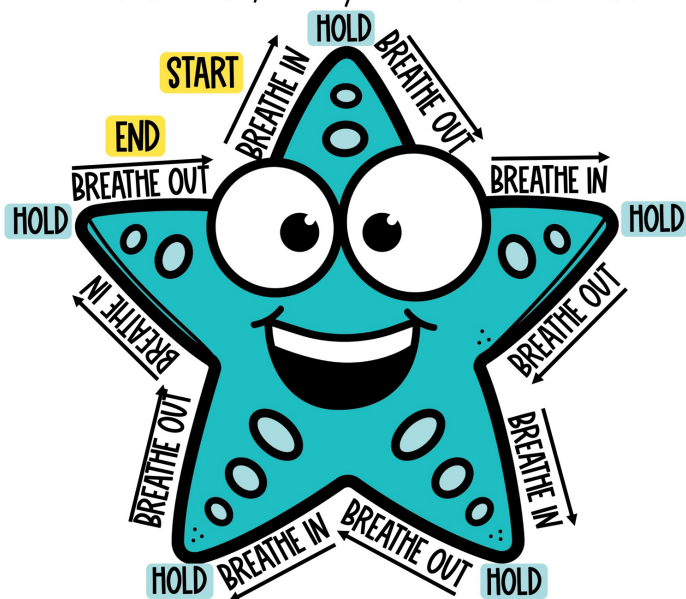


© Music City Counselor

BREATHING

STARFISH

Trace the lines of the starfish with your finger. Follow the arrows and breathe in and out. At each point of the starfish, hold your breath for 5 seconds.



© Music City Counselor

BREATHING

BEACH BALL

Touch each color of the beach ball and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.

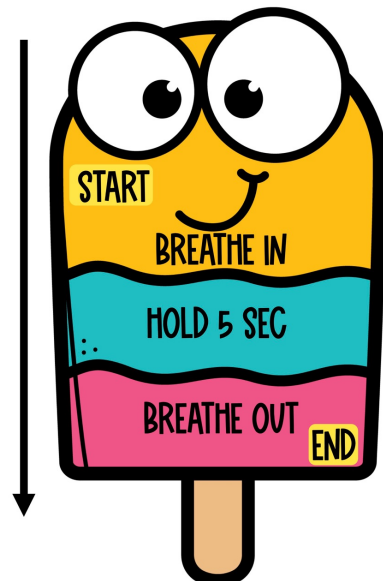


© Music City Counselor

BREATHING

POPSICLE

Touch each color of the popsicle and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.

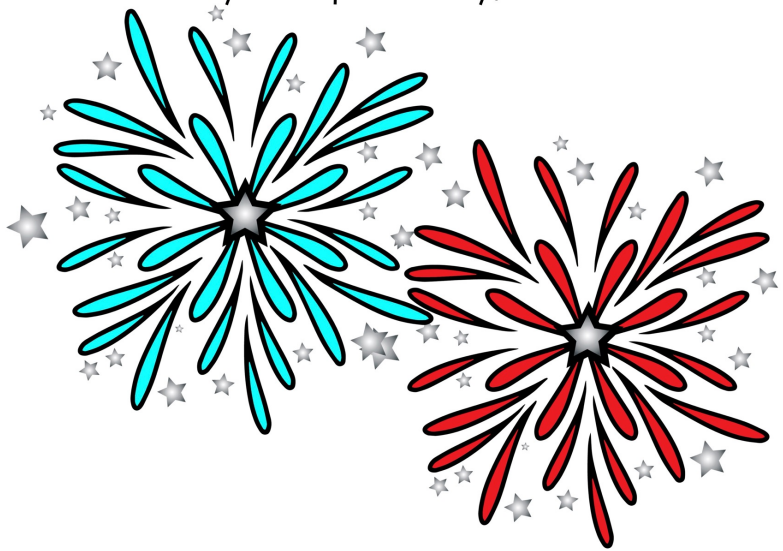


© Music City Counselor

BREATHING

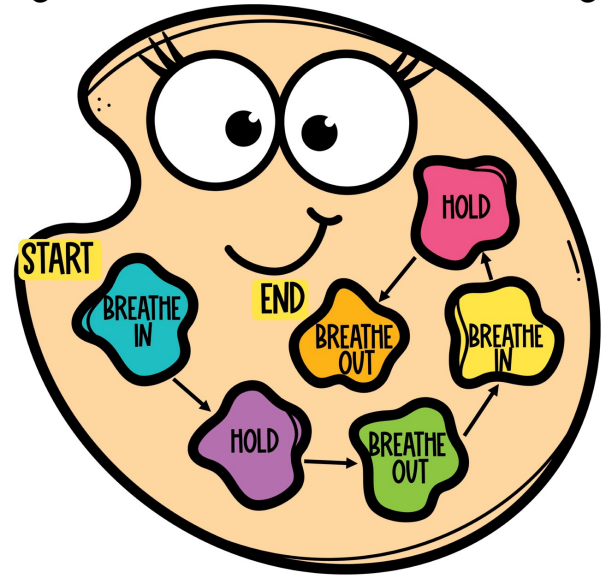
FOURTH OF JULY

Pretend you are a firework. Take a deep breath in and raise your hands up over your head. Clap and say, "Boom!" Then, lower your hands to your lap and say, "Shhhhhhhh."



BACK TO SCHOOL

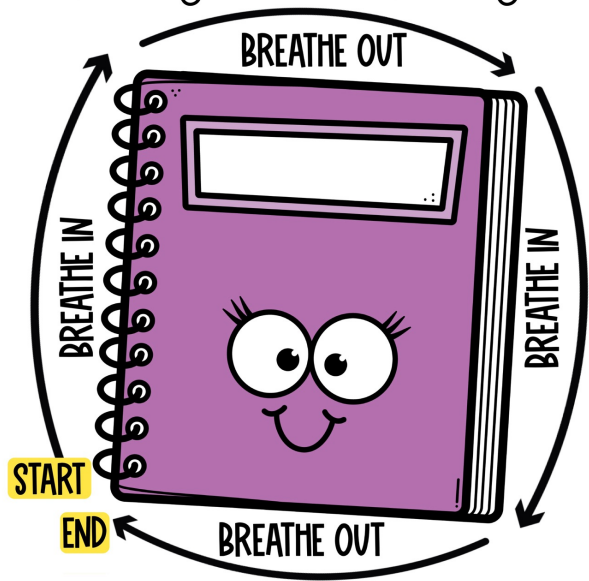
Touch each color on the palette and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

BACK TO SCHOOL

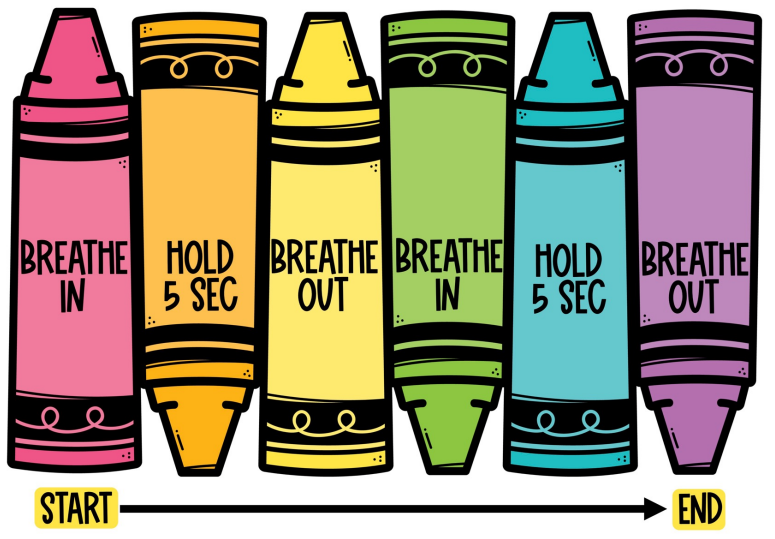
Trace the lines of the notebook with your finger and follow the arrows. Practice breathing in and breathing out.



BREATHING

BACK TO SCHOOL

Touch each crayon and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.

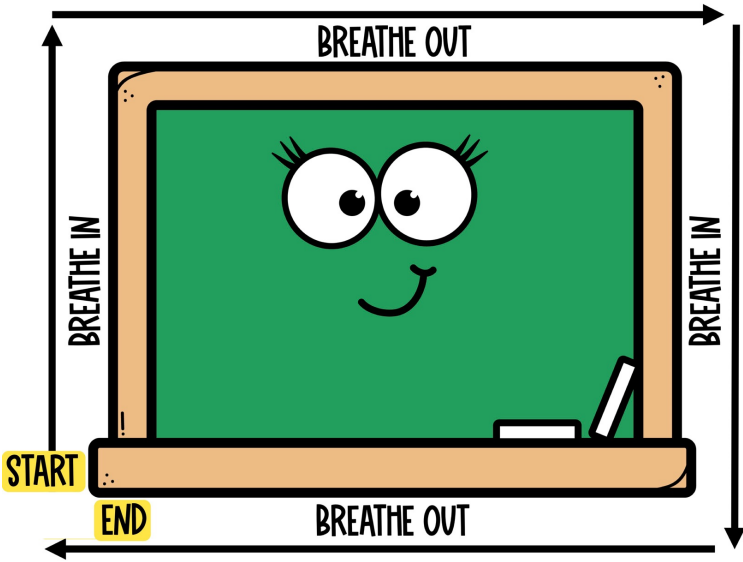


BREATHING

BREATHING

BACK TO SCHOOL

Trace the lines of the chalkboard with your finger and follow the arrows. Practice breathing in and breathing out.

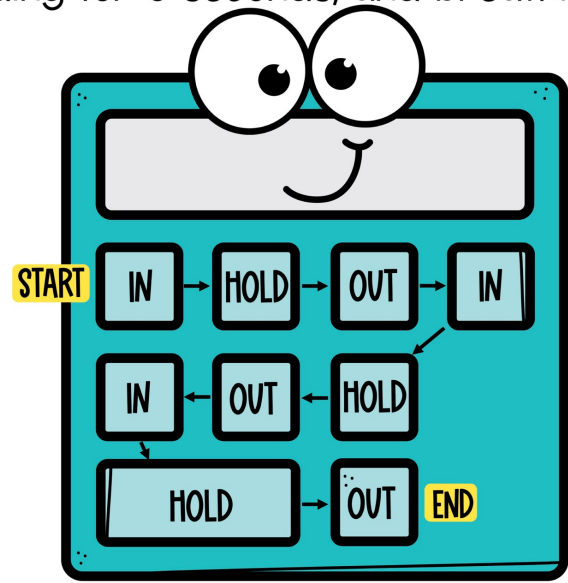


© Music City Counselor

BREATHING

BACK TO SCHOOL

Touch each button on the calculator and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.

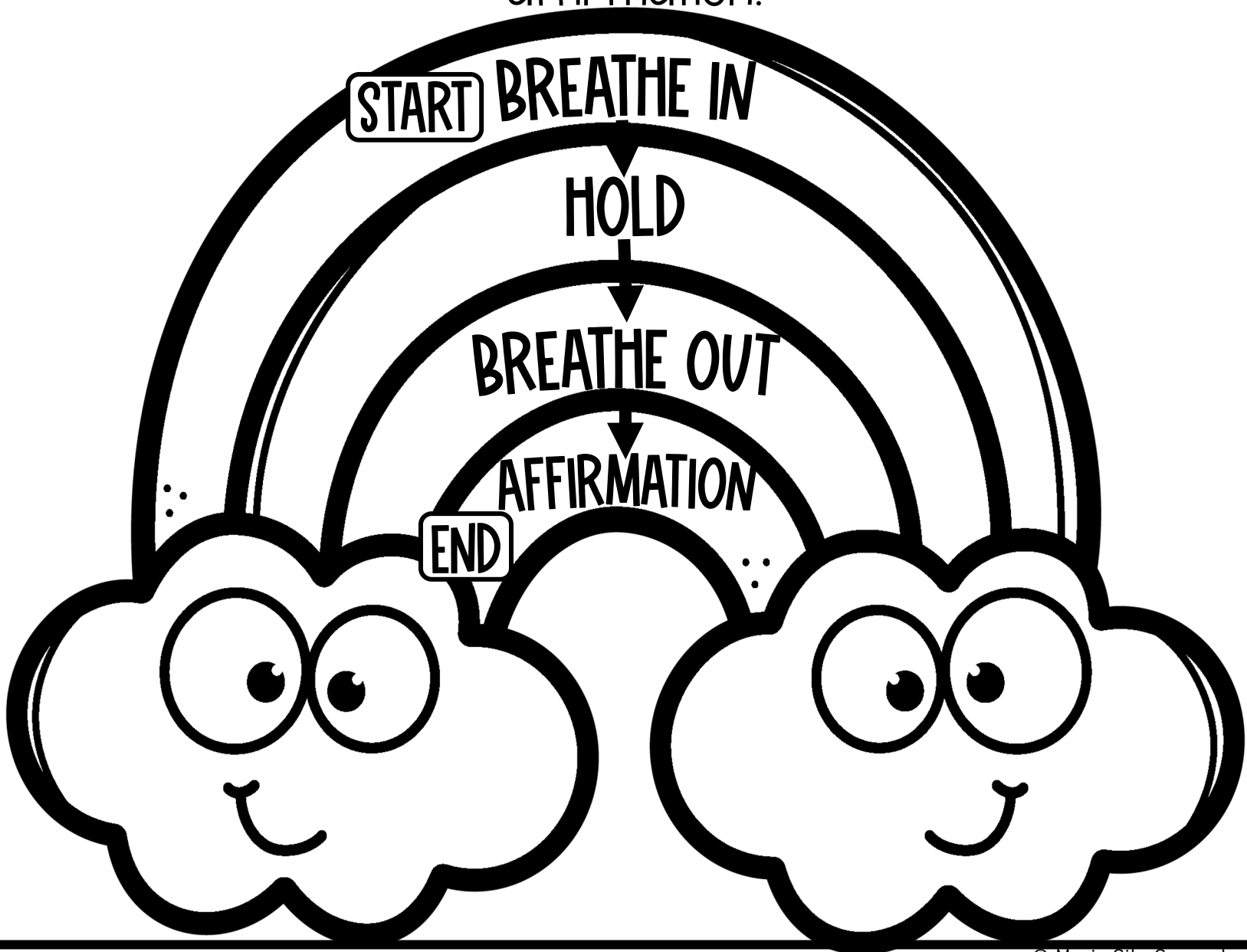


© Music City Counselor

BREATHING

RAINBOW

Touch each color of the rainbow and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out. On the last color, say a positive affirmation.

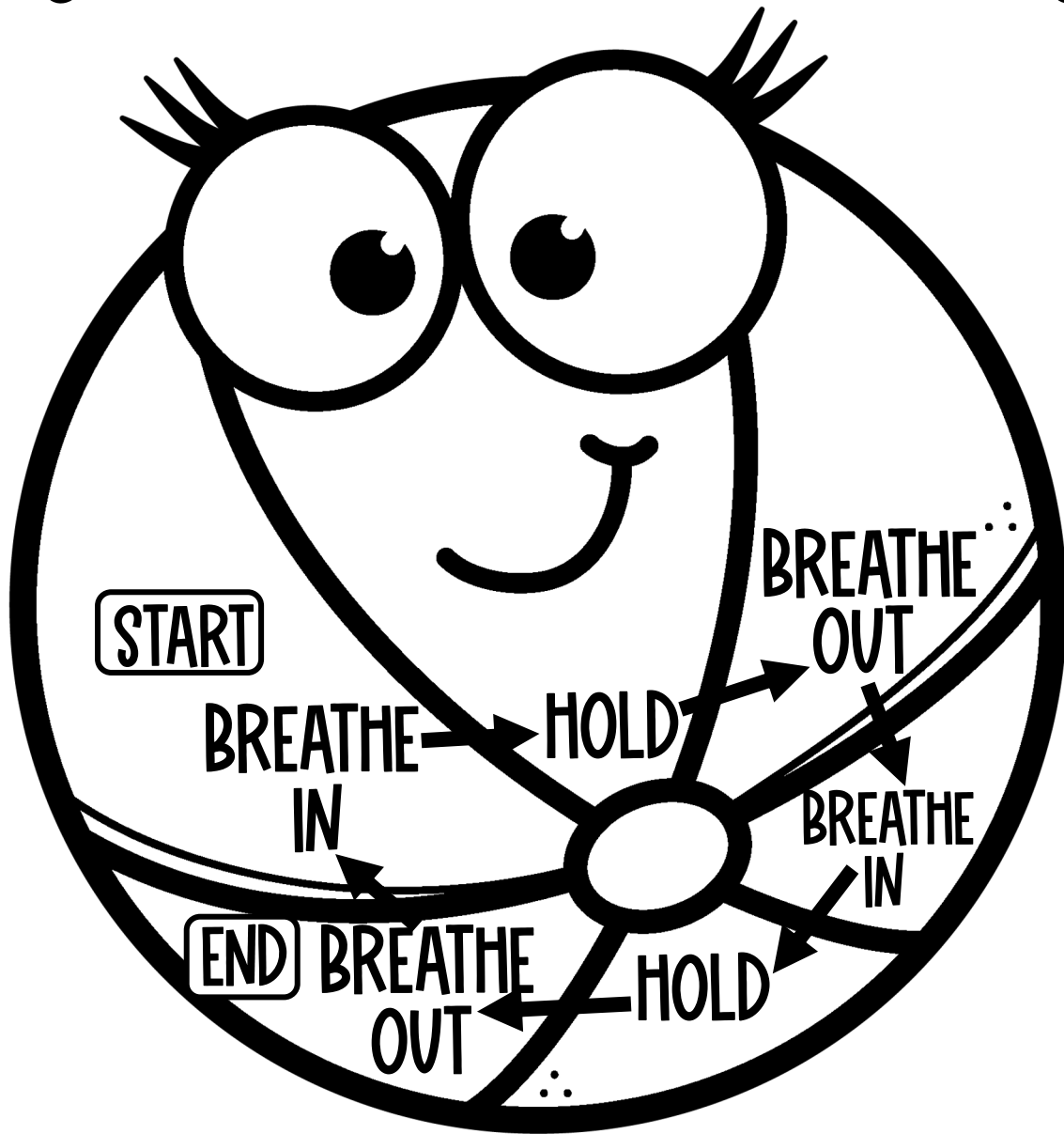


© Music City Counselor

BREATHING

BEACH BALL

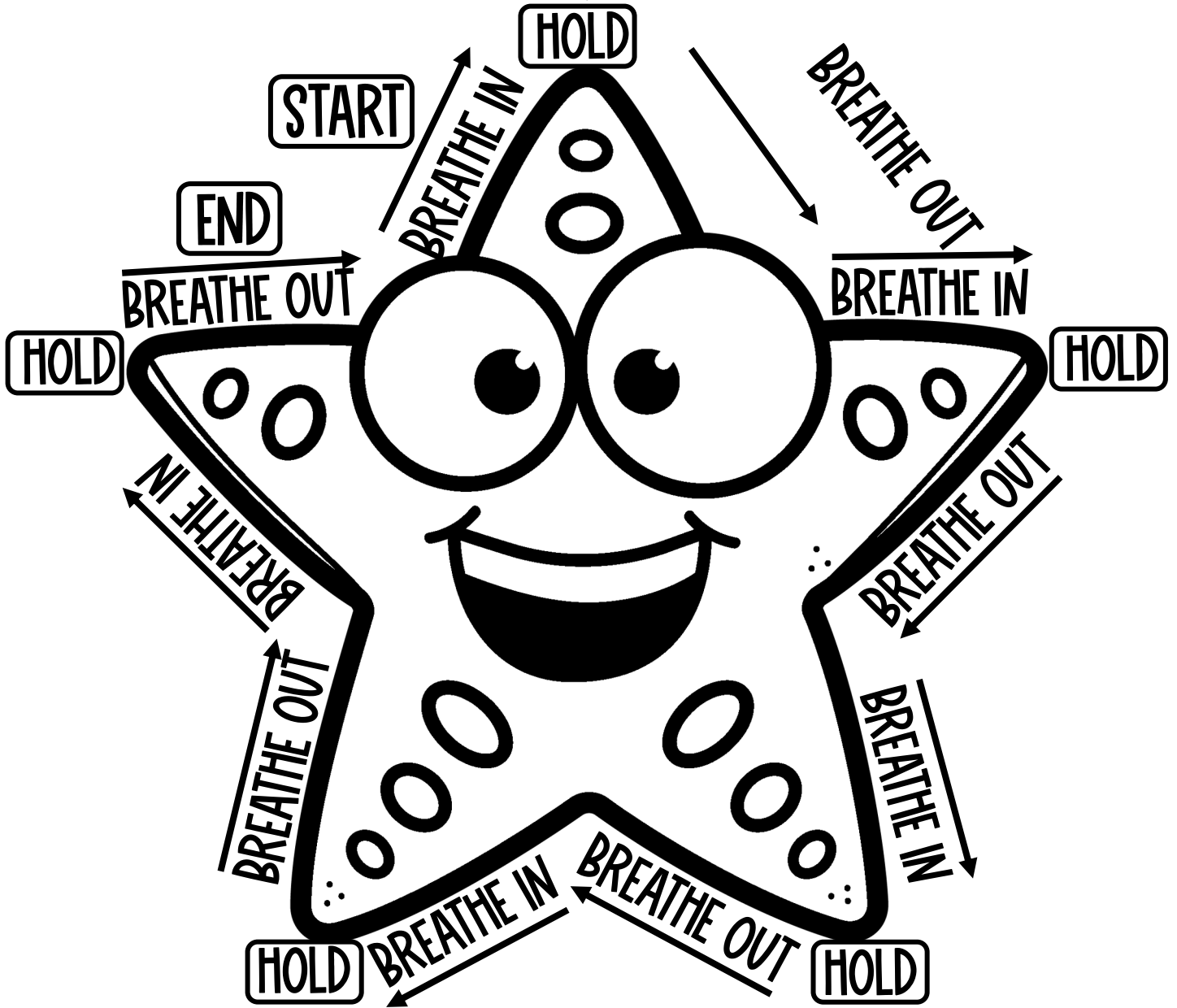
Touch each color of the beach ball and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

STARFISH

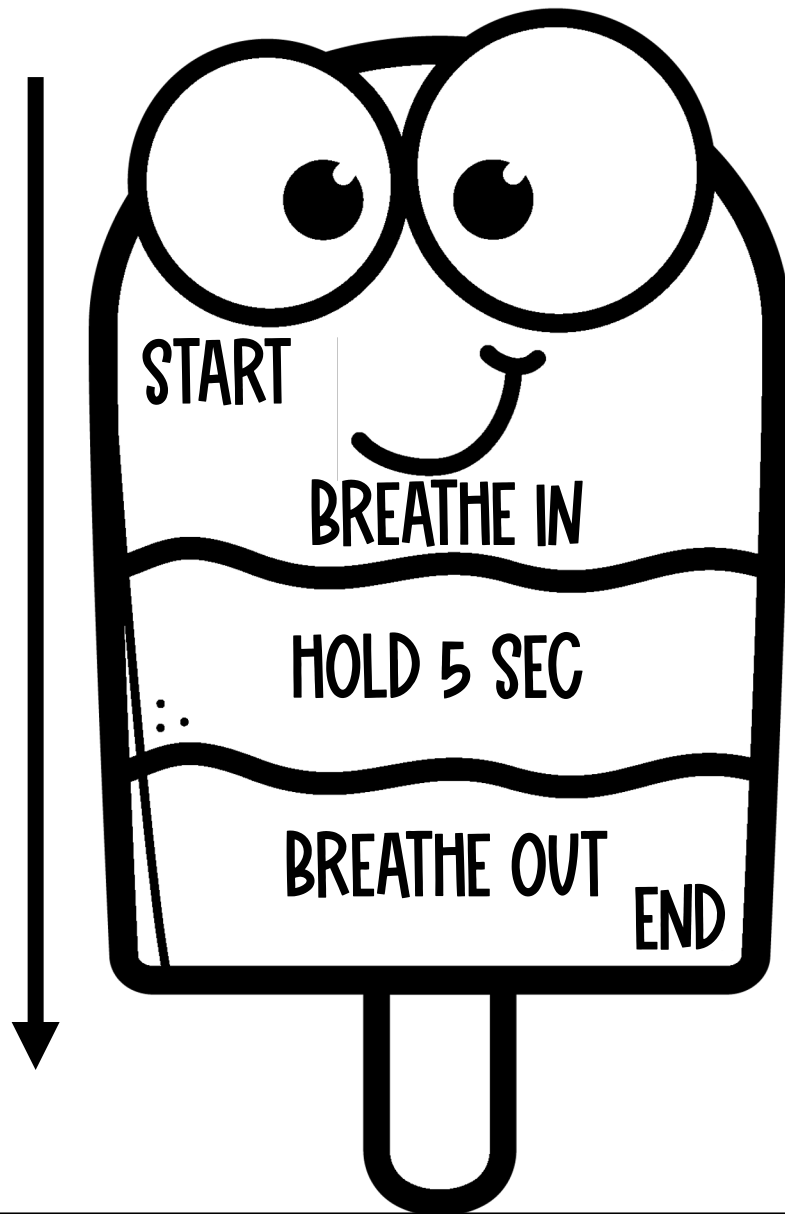
Trace the lines of the starfish with your finger. Follow the arrows and breathe in and out. At each point of the starfish, hold your breath for 5 seconds.



BREATHING

POPSICLE

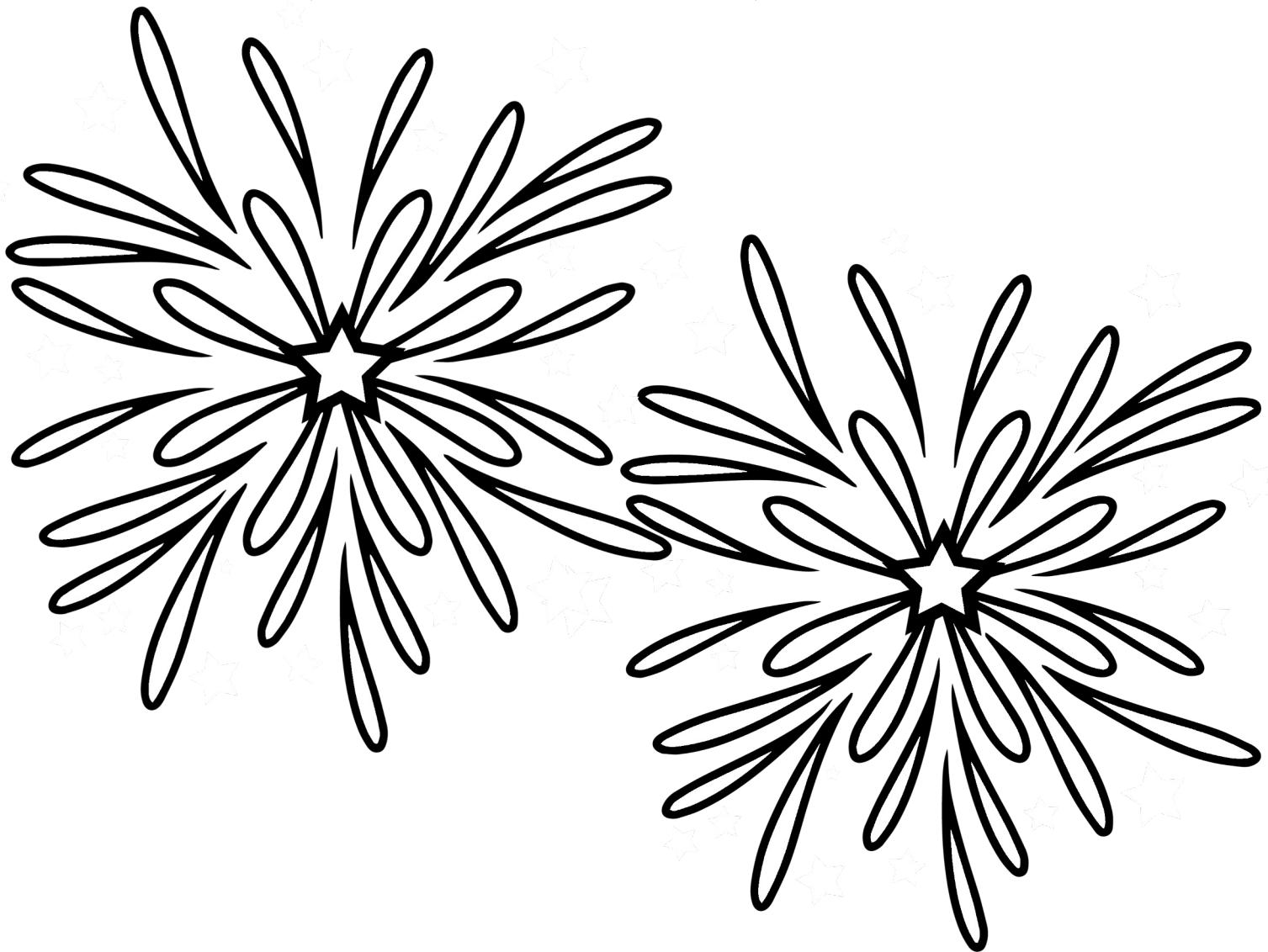
Touch each color of the popsicle and follow the arrow. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

FOURTH OF JULY

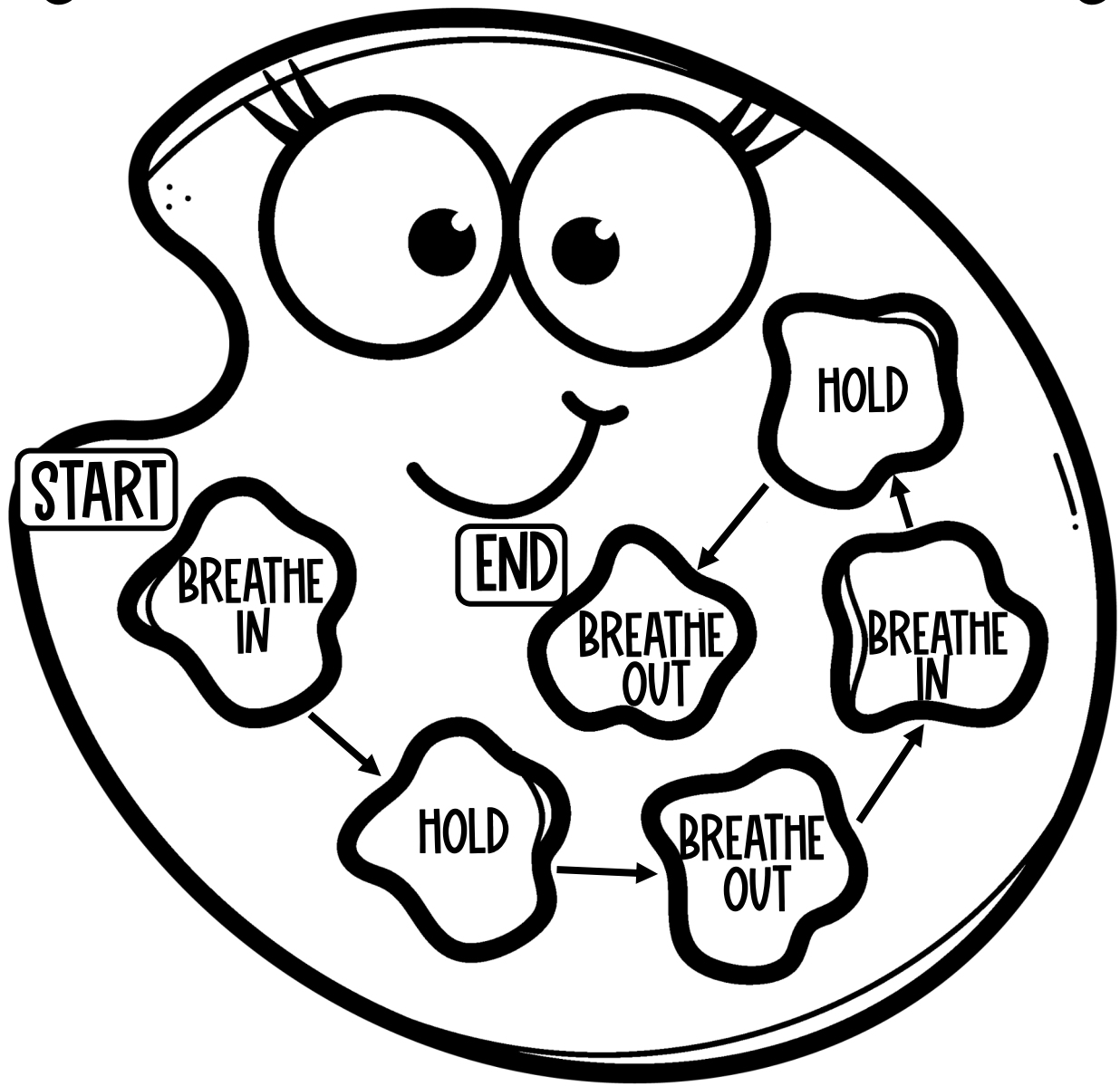
Pretend you are a firework. Take a deep breath in and raise your hands up over your head. Clap and say, "Boom!" Then, lower your hands to your lap and say, "Shhhhhhhh."



BREATHING

BACK TO SCHOOL

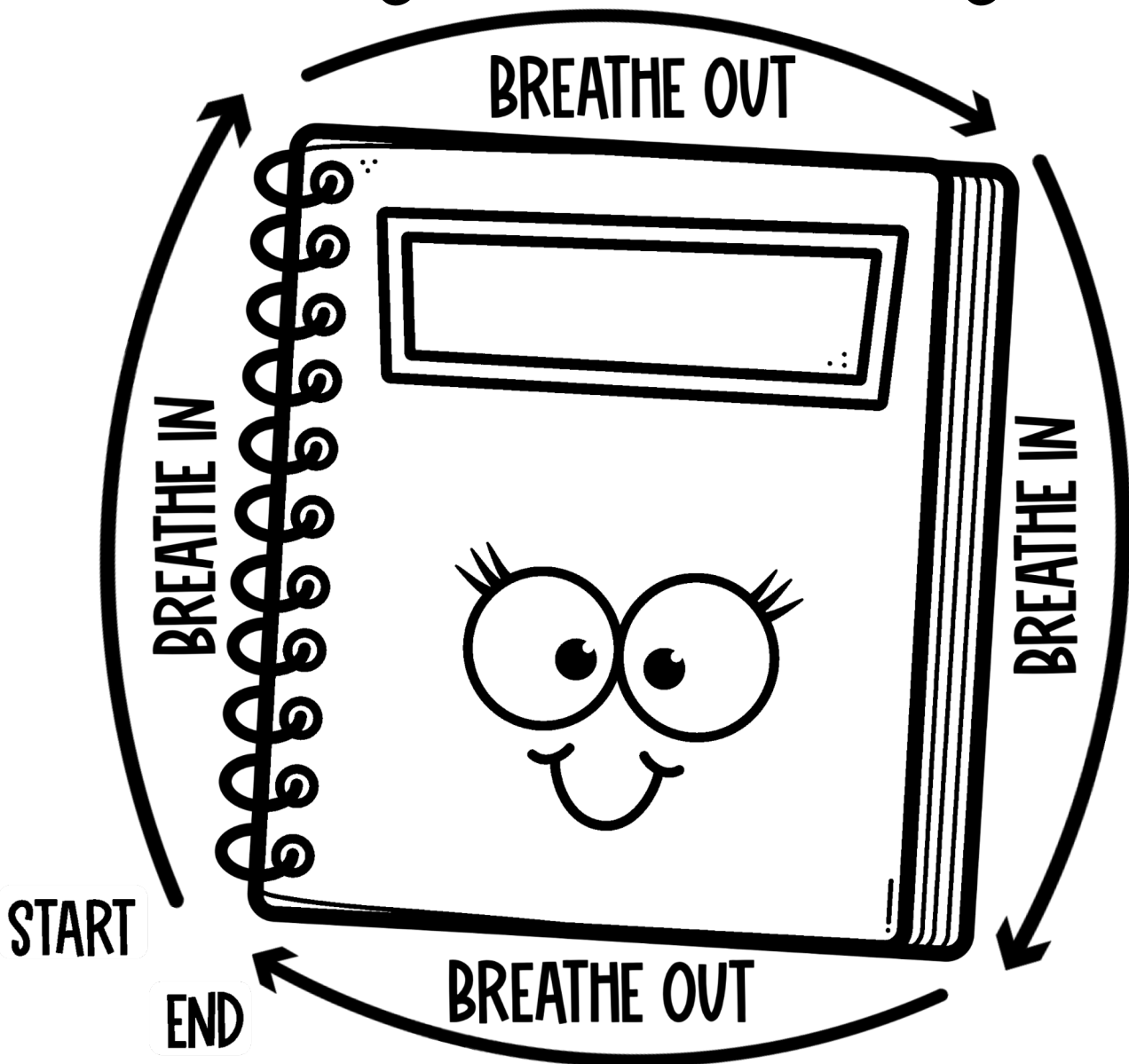
Touch each color on the palette and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

BACK TO SCHOOL

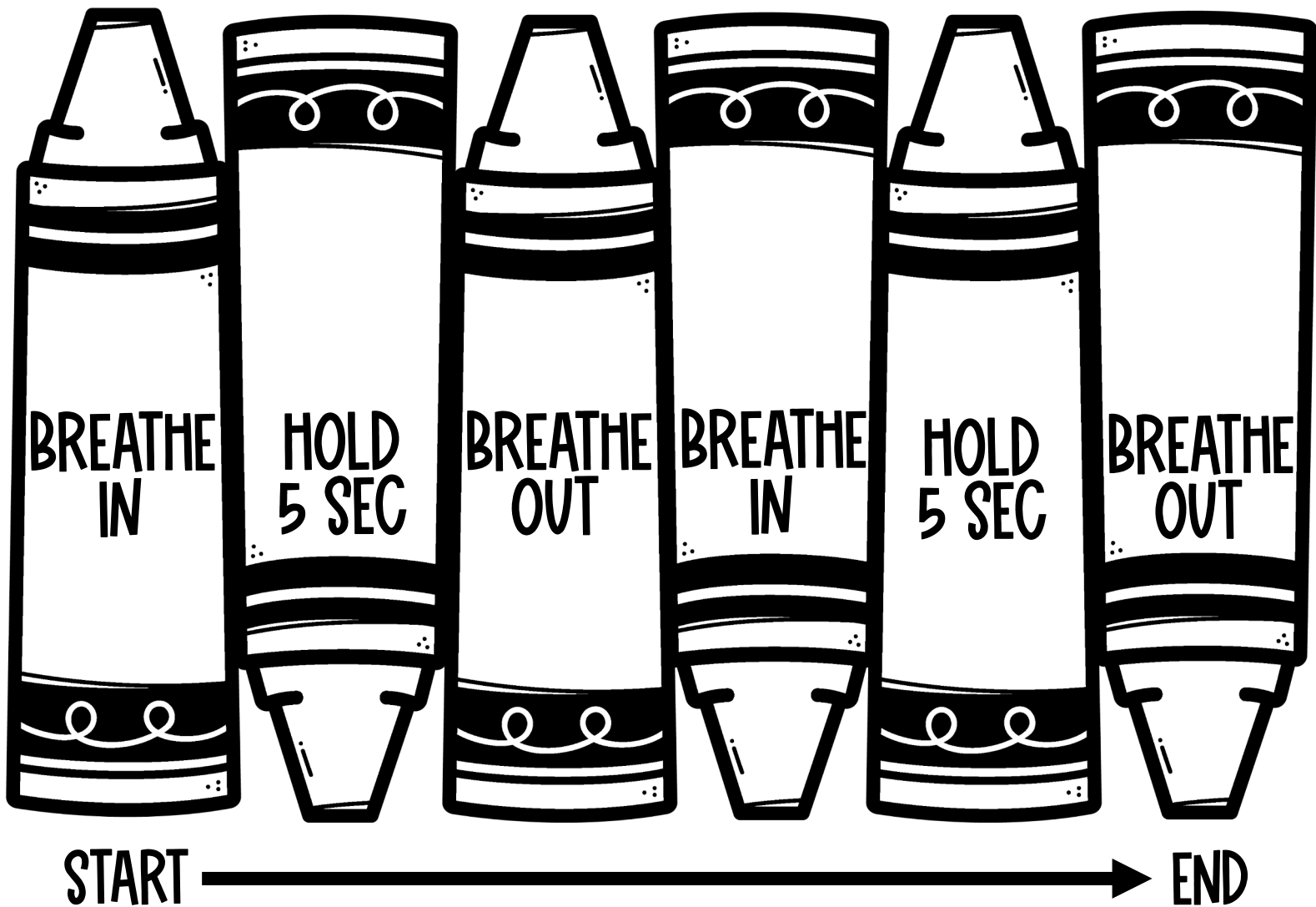
Trace the lines of the notebook with your finger and follow the arrows. Practice breathing in and breathing out.



BREATHING

BACK TO SCHOOL

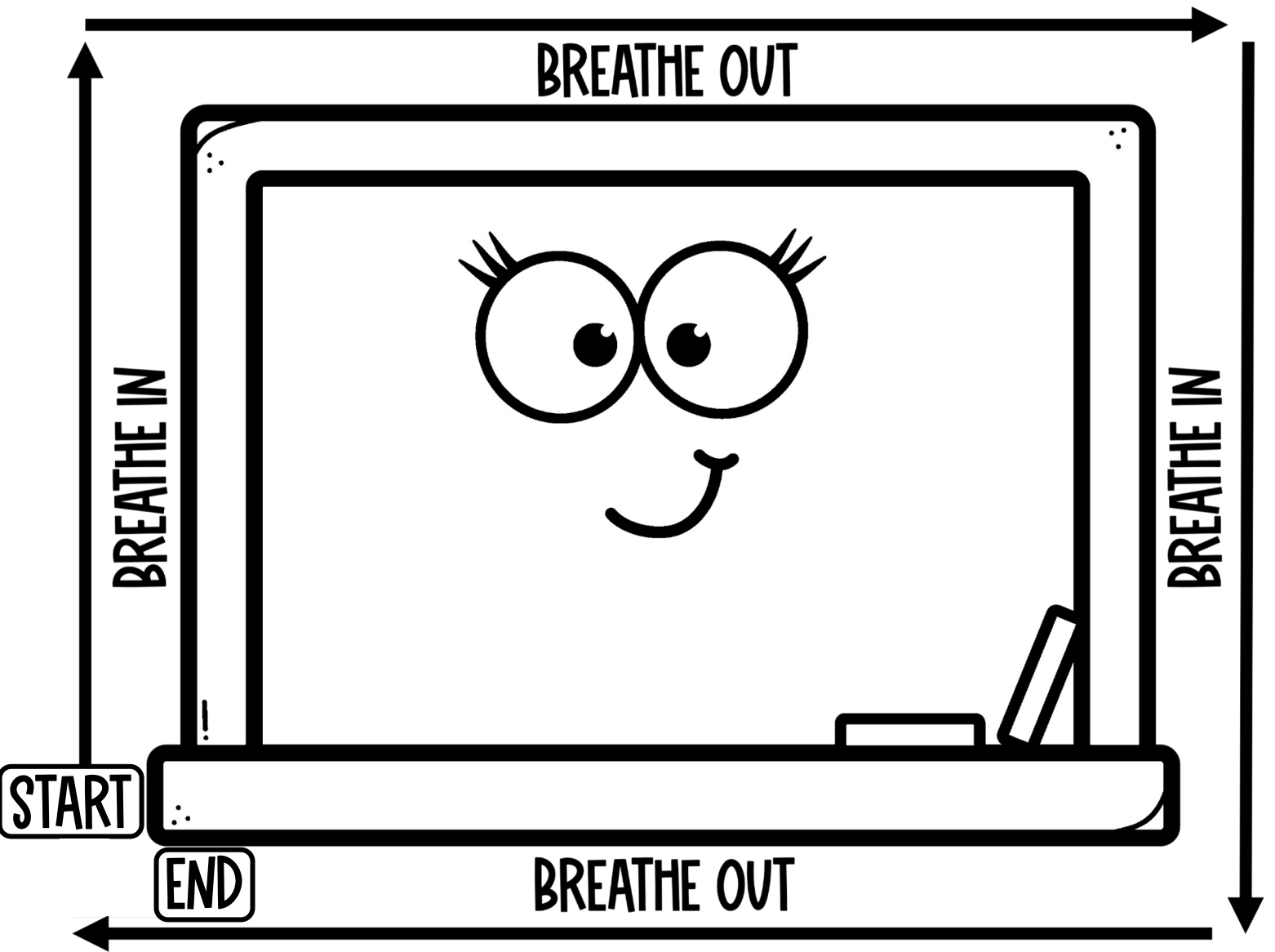
Touch each crayon and follow the arrow.
Practice breathing in, holding for
5 seconds, and breathing out.



BREATHING

BACK TO SCHOOL

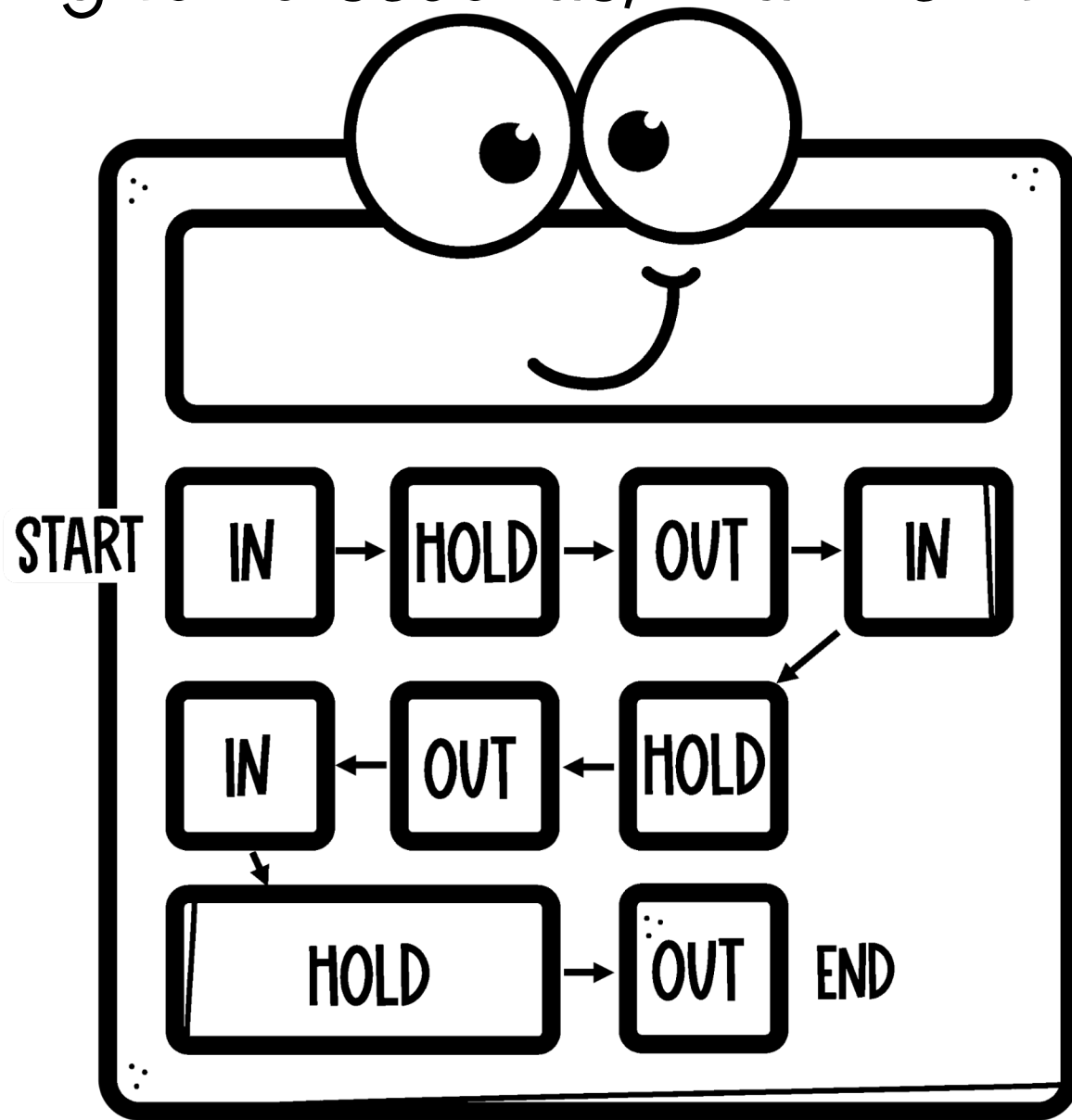
Trace the lines of the chalkboard with your finger and follow the arrows. Practice breathing in and breathing out.



BREATHING

BACK TO SCHOOL

Touch each button on the calculator and follow the arrows. Practice breathing in, holding for 5 seconds, and breathing out.



BREATHING

TERMS OF USE:

- Make copies for the purchaser's classroom AND share copies with other educators within your school building
- Reference (without distribution) this product in blog posts, seminars, professional development workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation

YOU MAY

- Claim the work as your own, alter the files in any way, or remove/attempt to remove the copyright
- Share this product with educators outside of your school building
- Repackage, sell, or giveaway this product to others
- Offer to share this product anywhere on the internet as a download or copy

YOU MAY NOT



Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

