

# BREATHING EXERCISES

*Easy Ways to Calm Your Body and Brain*



## 1 Belly Breathing

Put one hand on your belly, breathe in slowly through nose, feel belly rise, breathe out slowly through mouth.

Deep belly breaths slow the heart and relax the body.

## 2 Box Breathing (4-4-4-4)



Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, repeat.

Creates steady rhythm that brings nervous system back to calm.



## 3 Smell the Flower, Blow the Candle

Pretend smelling a flower (inhale), pretend blowing out candle (exhale).

Kid-friendly way to slow breathing with clear visual.



## 4 Five-Finger Breathing

Spread one hand, trace up finger as you breathe in, trace down as you breathe out, repeat for all five fingers.

Combines breathing with touch and movement for grounding.



## 5 Rainbow Breathing

Spread arms wide, inhale as arms lift in arc, exhale as arms return to sides, imagine drawing rainbow.

Adds gentle movement that increases relaxation.



## 6 Star Breathing

Draw star in air or paper, inhale on each line going up, exhale on each line going down.

Pattern repetition slows thoughts and builds focus.



## 7 4-7-8 Breathing

Inhale for 4, hold for 7, exhale for 8.

Longer exhale reduces anxiety quickly and deeply.



## 8 Shoulder Drop Breathing

Inhale and lift shoulders, exhale and let them drop, repeat slowly.

Releases tension stored in muscles.

Breathing exercises give students a quick, powerful way to calm down, reset, and feel safe. The more they practice, the faster these tools work.