

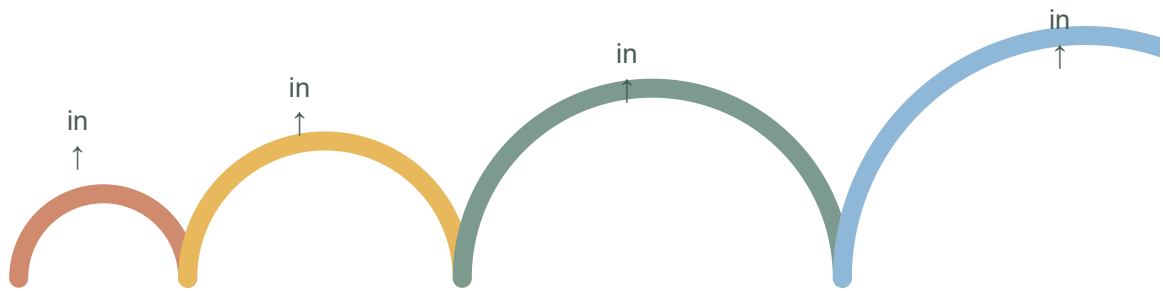
Slow Breathing Cards

Trace, breathe, and let your body settle

EMOTION ROOMS

1 • Rainbow Breathing

Trace each arc with a finger. **Breathe in** as you go up, **breathe out** as you come down.



Go slowly. One rainbow is one full breath.

2 • Five-Finger Breathing

Hold one hand up. Trace it with the other hand, one finger at a time.

↑ Going up a finger

Breathe IN through your nose, slowly.

↓ Going down a finger

Breathe OUT through your mouth, slowly.

One hand = five slow breaths. Then try the other hand.

3 • Square Breathing

1

Breathe in

Count to 4

2

Hold

Count to 4

3

Breathe out

Count to 4

4

Hold

Count to 4

Repeat 4 times. Trace the square with your finger as you go.



Bubbles

Blow real bubbles. The long, slow exhale is the whole point.



Pinwheel

Blow the pinwheel slowly. Fast blowing won't spin it — slow will.

For grown-ups: practise these *before* your child needs them. A skill used during a calm moment is available during a hard one.