



Calming Breath Cards

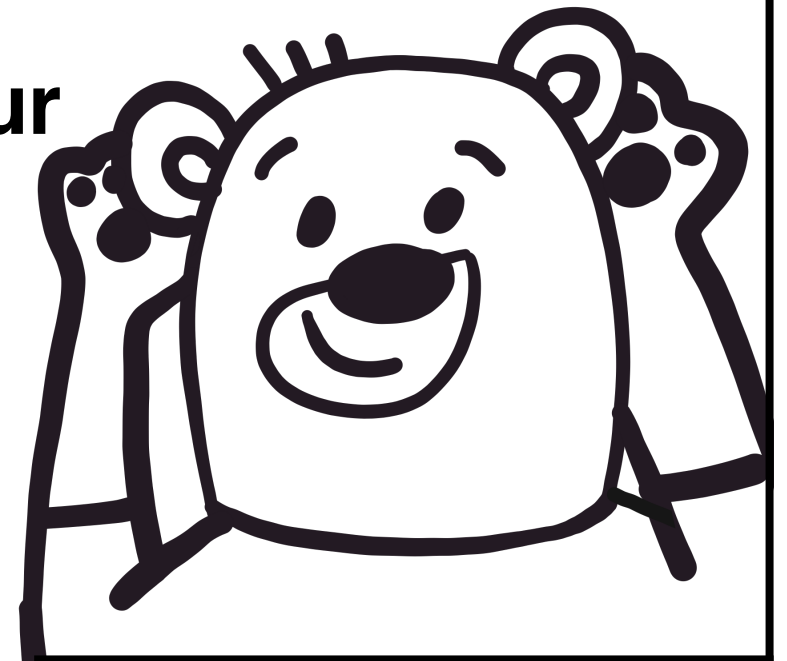
Directions: Color each calming breath card. Cut along the black lines to make individual cards. You can store these cards in a special place to practice taking calming breaths. Optional: hole punch each card and put them on a ring.

Trace Your Paw Breaths



Put your right hand (paw) up with your palm facing away from you. With your left hand trace your fingers on your right hand. Breathe in and trace going up your fingers and breathe out and trace down your fingers.

Rub Your Ears Breaths



Use your hands to rub your ears. Breathe in and out as you gently rub your ears.



Watch videos on the PAWsitive Choices Youtube channel and visit www.pawsitivechoices.com for more information!

Butterfly Breaths



Put your right hand on your left shoulder and your left hand on your right shoulder so that your elbows are pointing to the ground. Your fingers (wings) gently tap your shoulders while you breathe.

Volcano Breaths



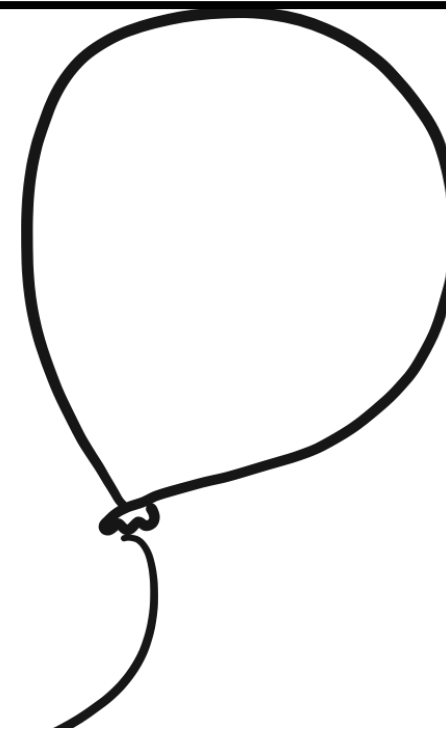
Put your hands together. Your elbows are pointing out as if they are on a table. Breathe in and bring your hands up toward the sky. Breathe out letting your hands (lava) fall down to your sides.

Flower and Candle Breaths



Pretend one hand is holding a flower and your other hand is holding a candle. Breathe in the flower and blow out the candle.

Balloon Breaths



Put your hands on your stomach. Pretend your stomach is a balloon. Breathe in and fill up your balloon. Breathe out and let the air out of your balloon.