Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

Hold for 4

Breathe out for 4

Breathe in for 4

Hold for 4

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Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.

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Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.

Breathe in for 3
Hold for 3
Breathe out for 3

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Star Breathing

Start at any “Breathe in” side, hold your breath at the point, then breathe out. Keep going until you’ve gone around the whole star.