

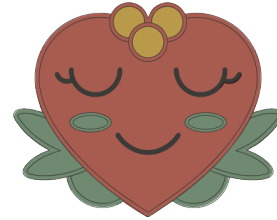
Breathing Cards

Cut these four apart. Practice once when everyone is calm — then the cards will be familiar when they're needed.



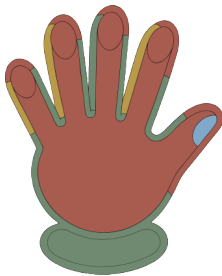
Blow the cloud

big breath in, slow blow out — 3 times



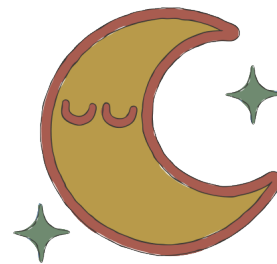
Smell the flower

sniff in through your nose, sigh out



Five-finger trace

trace each finger, breathe with each one



Belly balloon

hands on belly, fill it up, let it float down