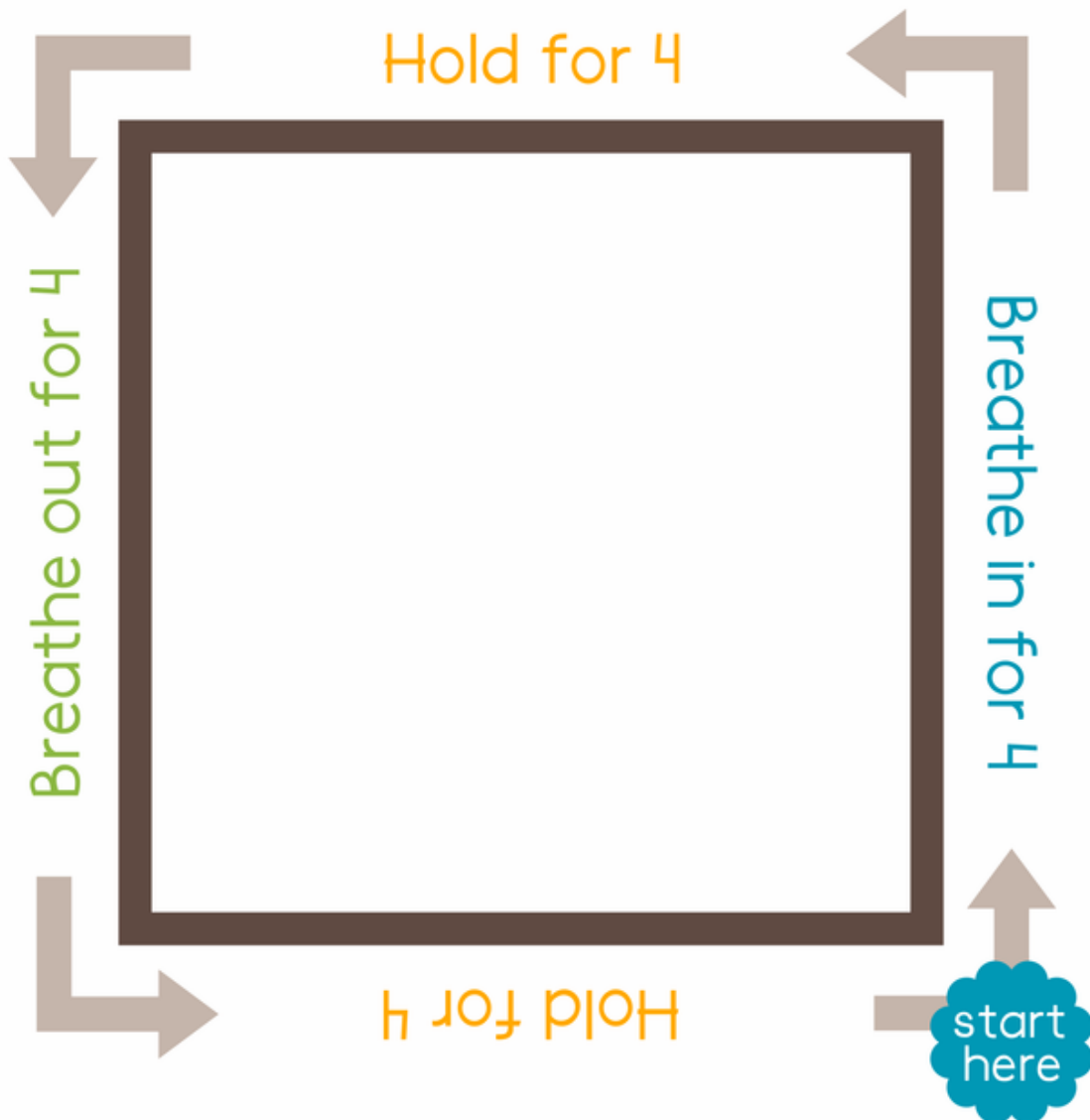


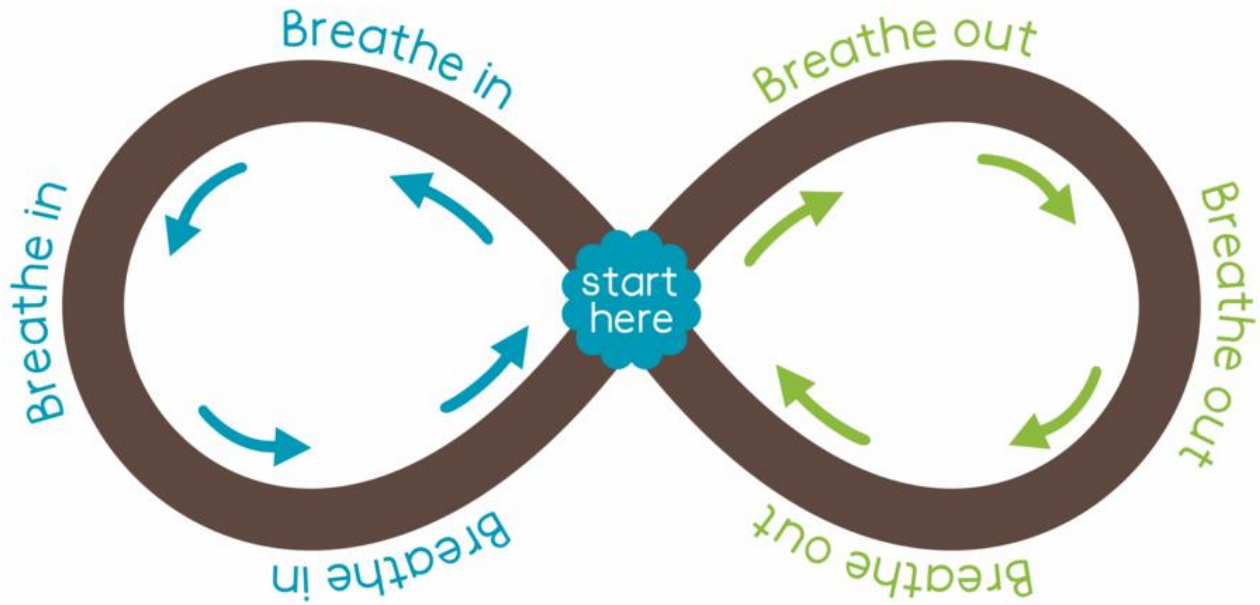
# Square Breathing

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



# 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.

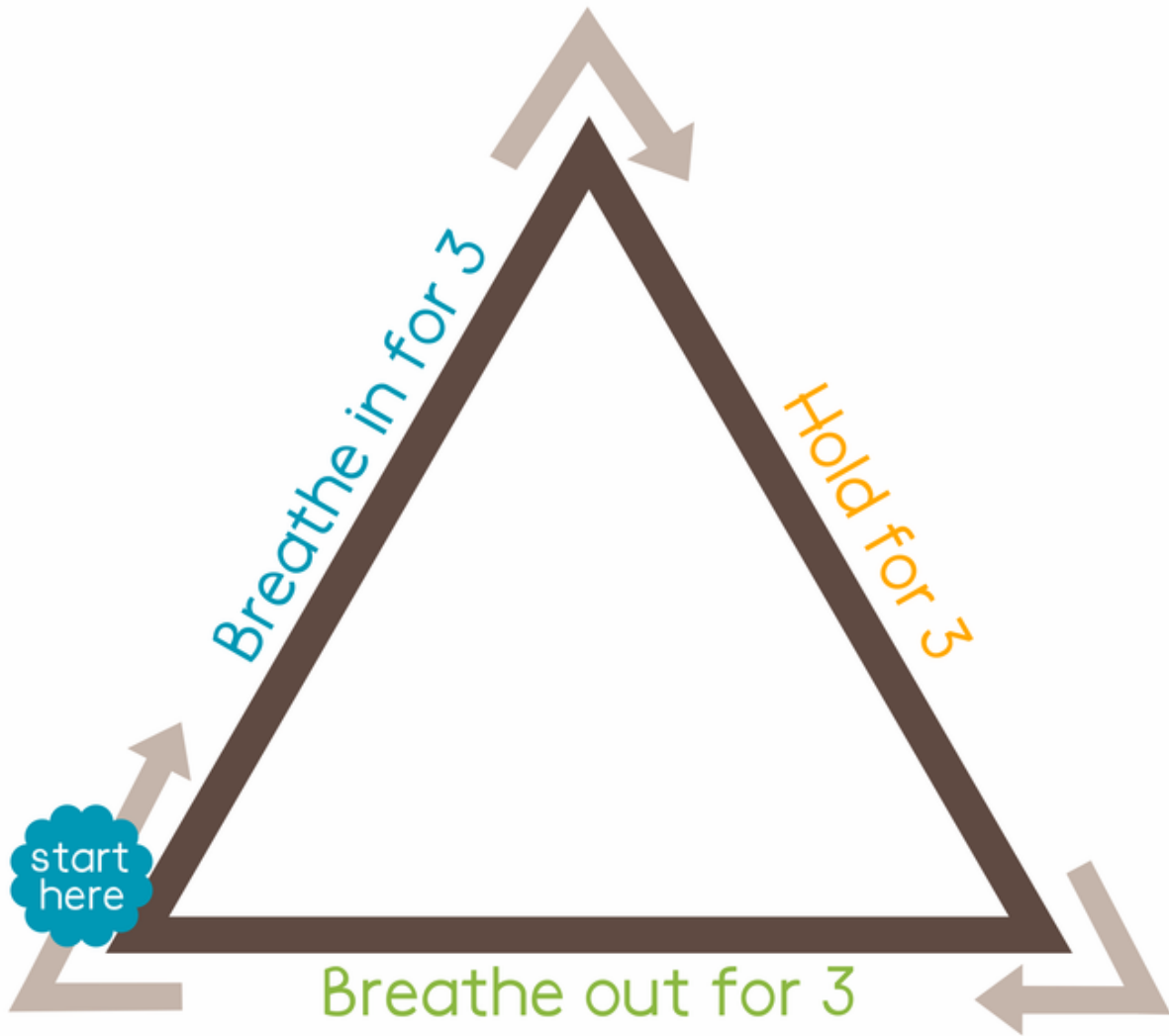


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# Triangle Breathing

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



# 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.

