



**PURPOSE** //

- To practice deep breathing exercises which can be used in times of stress, anxiety or worry

**OBJECTIVE** //

- Deep Breathing :
- Helps you relax
  - Lowers your heart rate
  - Lowers blood pressure
  - Effective coping strategy

**INSTRUCTIONS** //

**Materials**

- Breathing exercises
  - Blow out the candle
  - Flower breathing
  - Leaf breathing

**Application**

- Practice deep breathing techniques with "flower breathing" handouts below.

**Assembly**

1. Print poster below and post somewhere in your house (Fridge, office, wall, etc.)

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:





# BREATHE IN

PRETEND YOU ARE  
SMELLING THE FLOWER

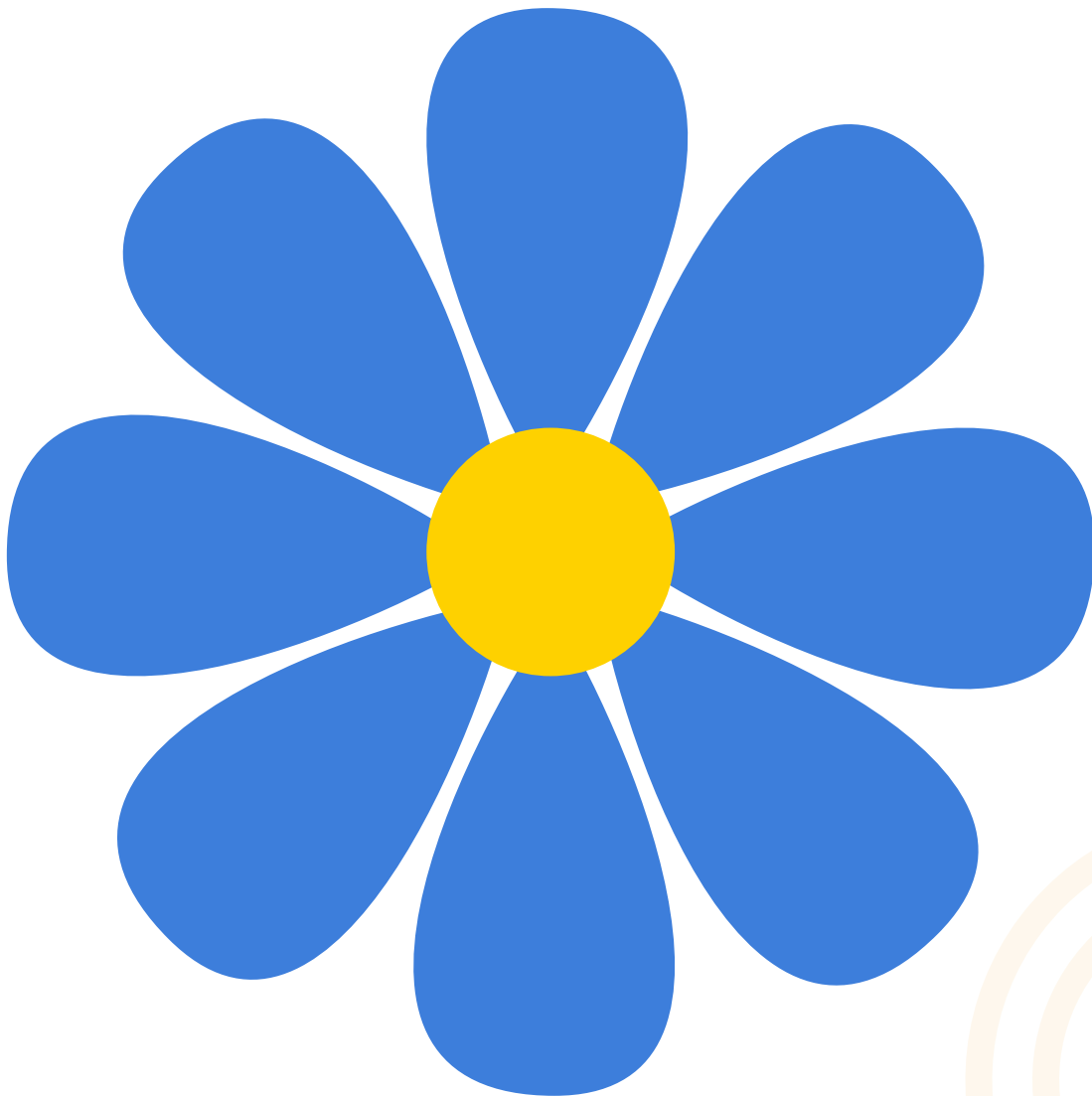
# BREATHE OUT

PRETEND TO BLOW OUT  
THE CANDLE



**Use your finger to trace the flower petals**

**Breathe in for 2 petals and breathe out for 2 petals**



# Leaf Breathing

**Slowly trace the leaf. Breathe in while tracing the right side then breathe out while tracing the left side.**

