

When I feel _____,
I can...

take a
deep
breath
using
pinwheel

When I feel _____,
I can...

put my
arms
up

and
breathe
in

put my
arms
down

and
breathe
out



When I feel _____,
I can...

Pretend my belly is
a balloon. Breathe
in and make the
balloon bigger, then
breathe out and
make the balloon
smaller

When I feel _____,
I can...

lay down and put a
stuffed animal on
my belly, then take
deep breaths to
move the stuffed
animal up and down



When I feel _____,
I can...

take a deep
breath using a
triangle

