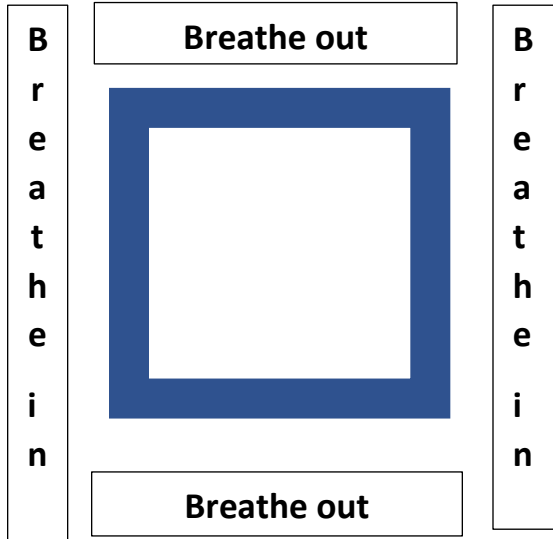


Breathing Strategies for Families

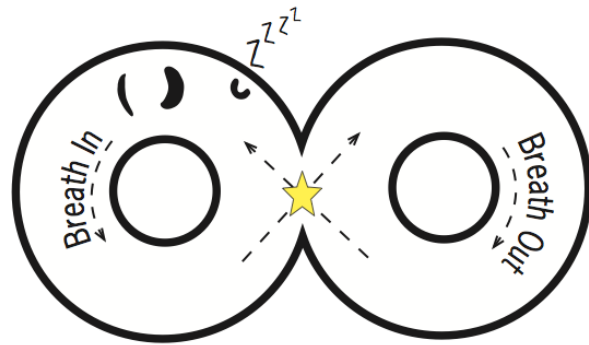
- Introduce breathing when you and your child are calm and relaxed.
- Adults and children should try each one and decide which ones they like.
- Practice over and over so you feel comfortable doing them.
- Hang this up to use at home when needed.

Box Breathing

Use your finger to trace the box as you breathe in and out.



Lazy 8 Breathing

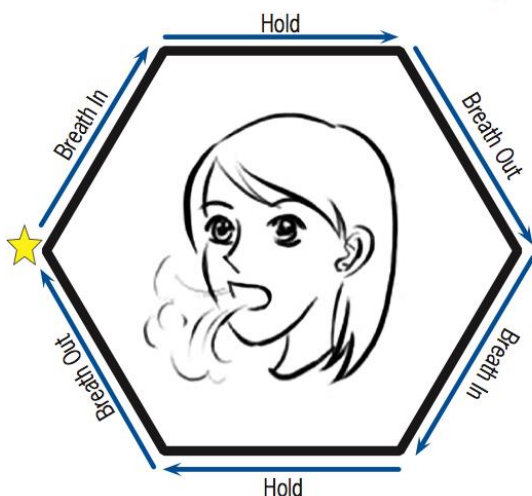


Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

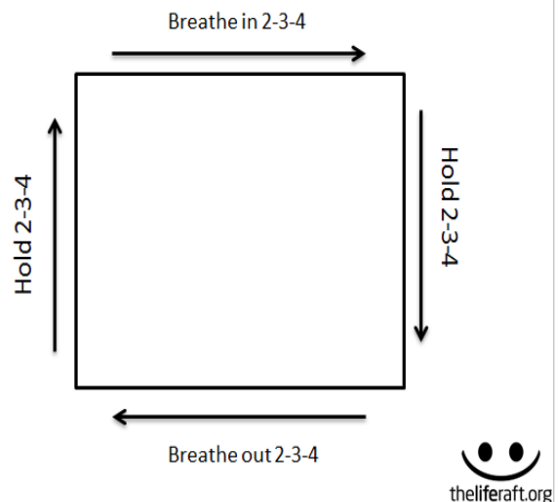
As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

The Six Sides of Breathing



Another Box Breathing



Each of these strategies can be done by drawing the shapes on your leg, the palm of your hand or even a table.

Taking one deep breath sends a message to our brains that things are ok.