



5 Calming Breathing Exercises for Kids

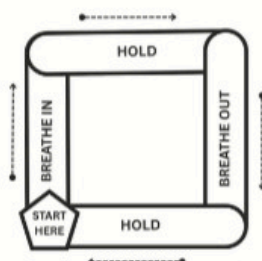
PRINTABLE MINDFULNESS ACTIVITIES

TRIANGLE BREATHING



Trace with your finger
Repeat until you feel calm

SQUARE BREATHING



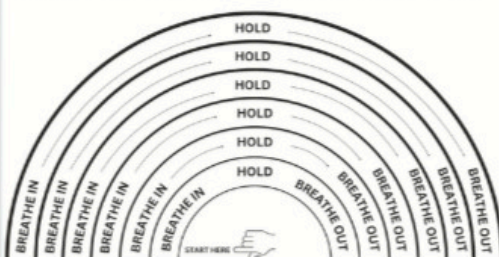
Trace with your finger
Repeat until you feel calm

FINGER BREATHING

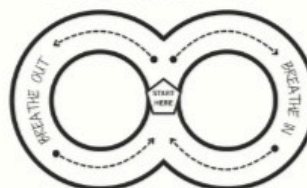


Trace your fingers
Repeat until you feel calm

RAINBOW BREATHING



LAZY 8 BREATHING



Trace with your fingers
Repeat until you feel calm

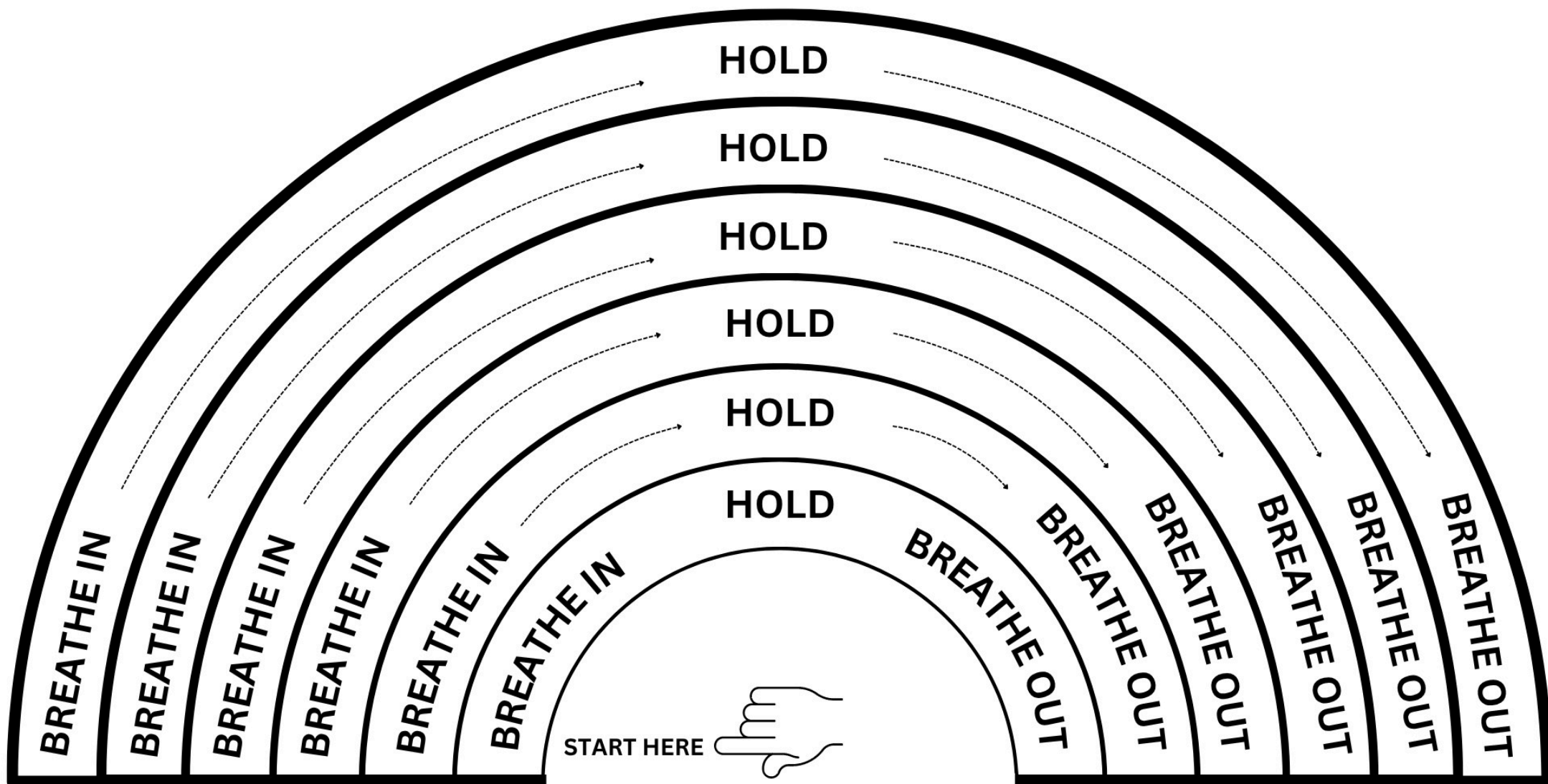
**A4
FORMAT**

**PRINTABLE
PDF**

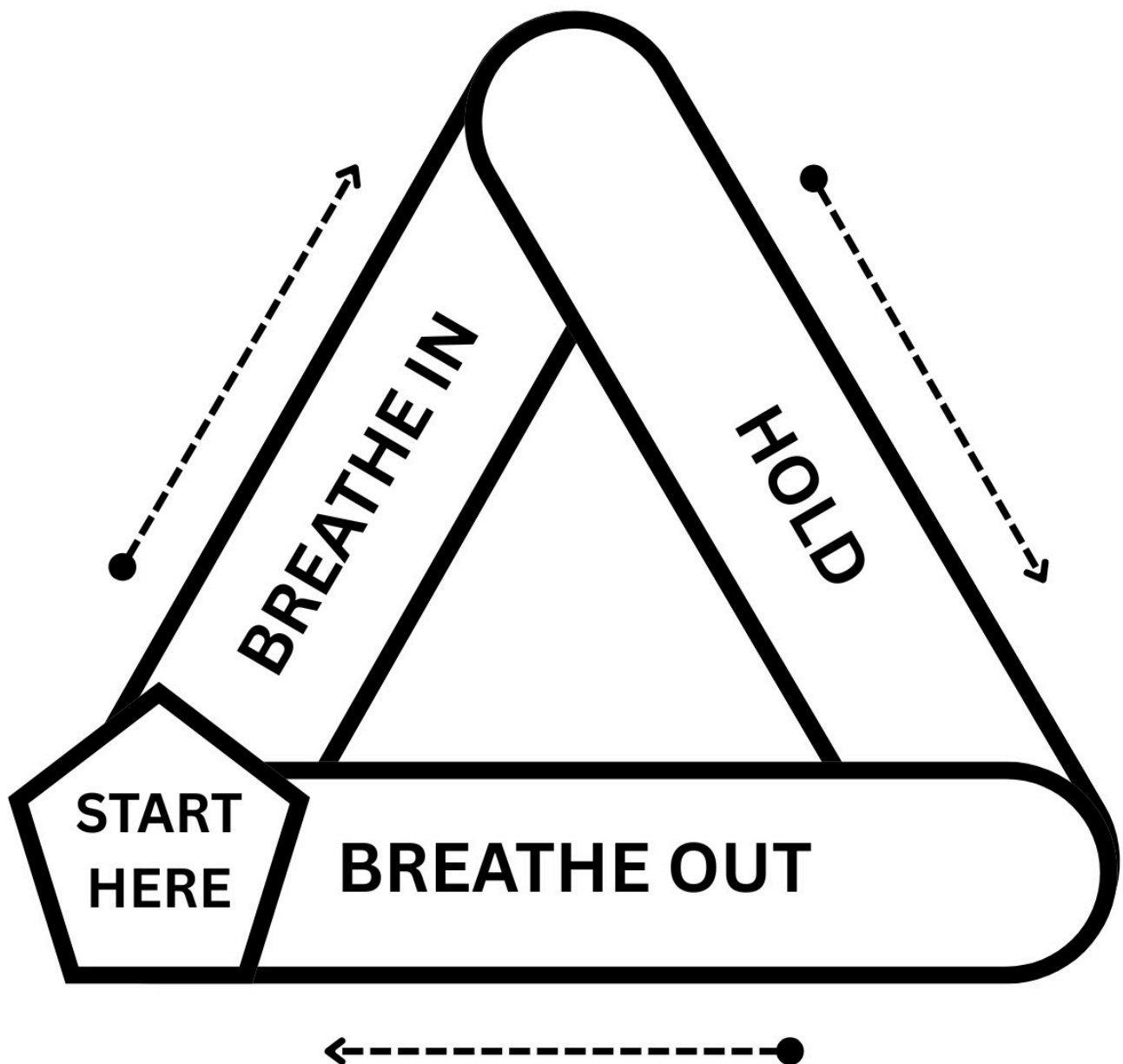
**BLACK &
WHITE**

**PERFECT FOR
CALM
CORNERS**

RAINBOW BREATHING

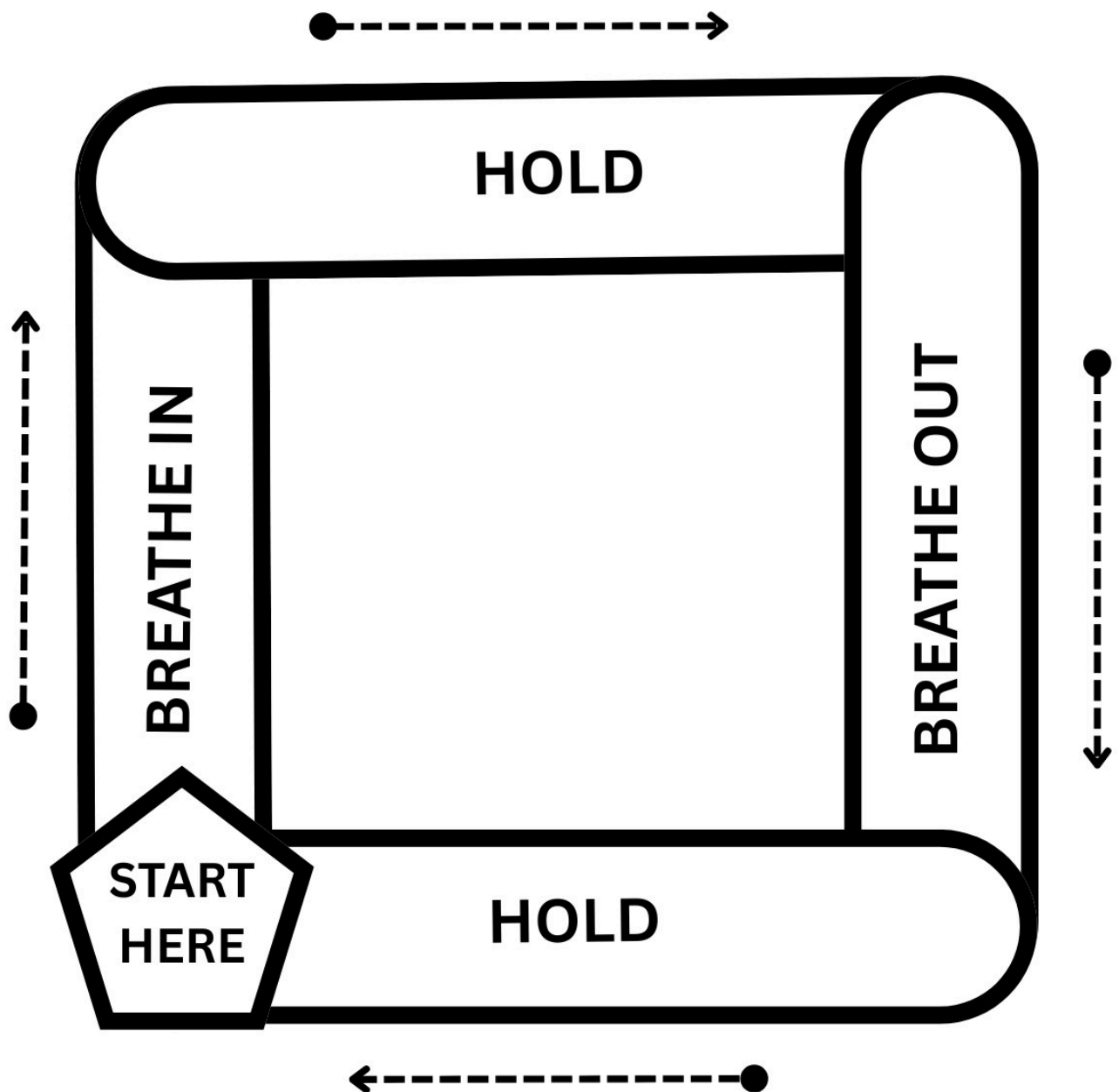


TRIANGLE BREATHING



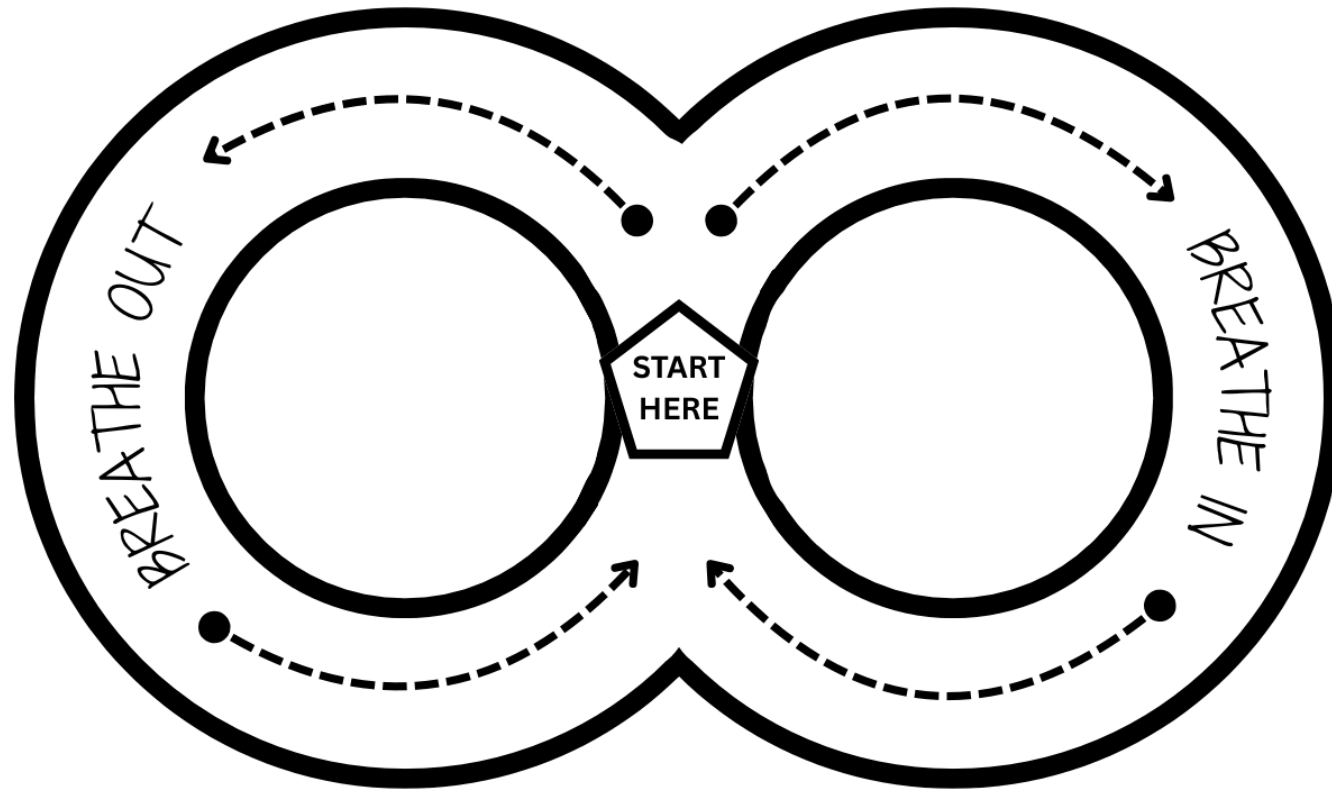
Trace with your finger 
Repeat until you feel calm

SQUARE BREATHING



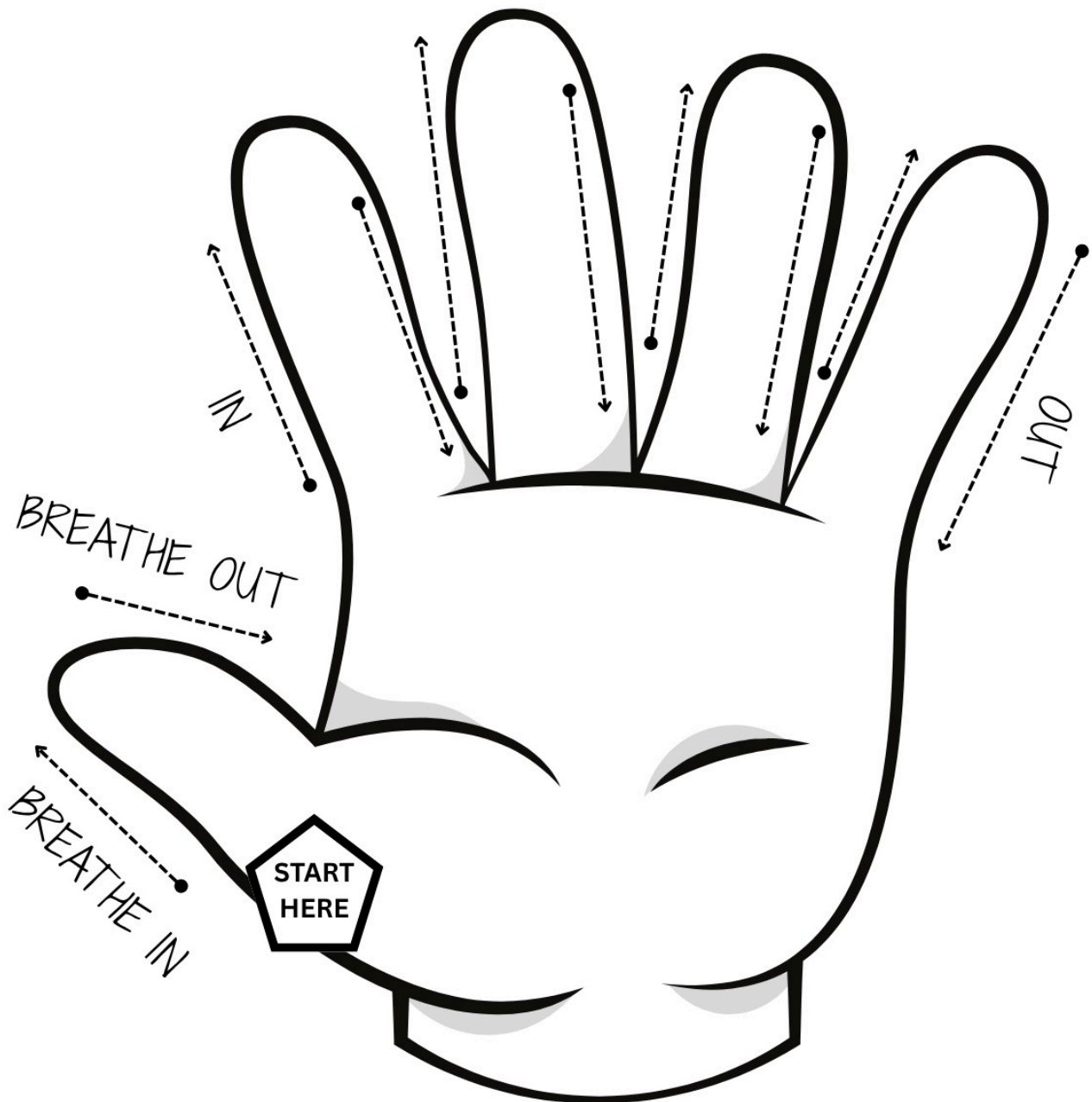
Trace with your finger 
Repeat until you feel calm

LAZY 8 BREATHING



Trace with your fingers 
Repeat until you feel calm

FINGER BREATHING



Trace your fingers
Repeat until you feel calm

