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| **Flower Breath**: Imagine you're holding a beautiful flower and you want to smell it; breathe in deeply through the nose and it smells lovely so you breath out a sigh through the mouth, with or without sound,  | **Feather Breath** Hold a feather with both hands. Inhale deeply as you look at the feather. With a long exhale, slowly blow the feather. Try to make the feathers softly move. Exhale as slowly and quietly as possible.  | **Hissing Breath**: Breathe in the nose, long deep inhale, and out the mouth on a hissing sound, slow and long.  |
| **Bear Breath**: Imagine a bear hibernating. Inhale through the nose, pause; exhale out the nose, pause. Breathe in to a count of 3 or 4, pause for a count of 1 or 2; breath out for a count of 3 or 4, pause for a count of 1 or 2. Repeat a few times.  | **Bunny Breath**: Take three quick sniffs in the nose and one long exhale out the nose. Pretend to be bunnies, sniffing the air for other bunnies, carrots to eat, or safety. | **Volcano Breath.** Facing the child, Bring your hands to your heart in a prayer pose. Extend your hands straight up to the sky while inhaling deeply, and letting the hands fall to the sides during long, deep exhales.  |

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| **Hissing Breath**:Hissing%20Cobra%20Small%20.MA183.jpg | **Feather Breath** https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcRlKWSUVffEDGx11wYNV8G3hoUZFSD6NZdoTcm42K_kw7TwWtJmvngvU_CM | **Flower Breath**:http://t3.gstatic.com/images?q=tbn:ANd9GcQBURdHDmGKZjN-6XVYfKnO9CpCz4Vn6wvNHy_z9rjegaEQKPRlXRF8Q8Qq |
| **Volcano Breath.**https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcTYJj8cH1MTCDbAhtXWHi5Do4xNkAYhAVxb-c8LZy_Hu3DdV6gGEUtoYF2- | **Bunny Breath**:https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSAbHIWg-J_BfGJRgRAdE8bz8sGKR1yksd0NpdH4NBC-Isp5IvXnxGtk3AN | **Bear Breath**:https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcQs28u8uJ4nA6gv8PMc6uJPOsQRbWlLxN5hQjGZXZuPS72Xj99zZZpvmv2x |