

# Breathing Exercises

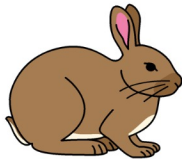
Take 5 Breathing  
Trace fingers up and down  
Inhale up; exhale down



Hissing Breathing  
Big breath through nose  
sssss through mouth



Bunny Breathing  
3 quick inhales-nose  
1 big exhale-mouth



Bumble Bee Breathing  
Sit criss cross, close eyes  
Breathe in-nose  
fingers in ears-exhale buzz



Hot Air Balloon Breathing  
Sit criss cross;  
hands cup mouth  
inhale deeply-nose  
exhale-mouth blowing up  
balloon



ELEPHANT BREATHING  
stand with feet wide apart  
dangle arms in front  
breathe in through nose raising  
arms above head  
breathe out through mouth



Bear Breathing  
Imagine hibernating bear  
Inhale through nose for 3  
Pause for 3  
Exhale for 3

