

Follow the Shapes

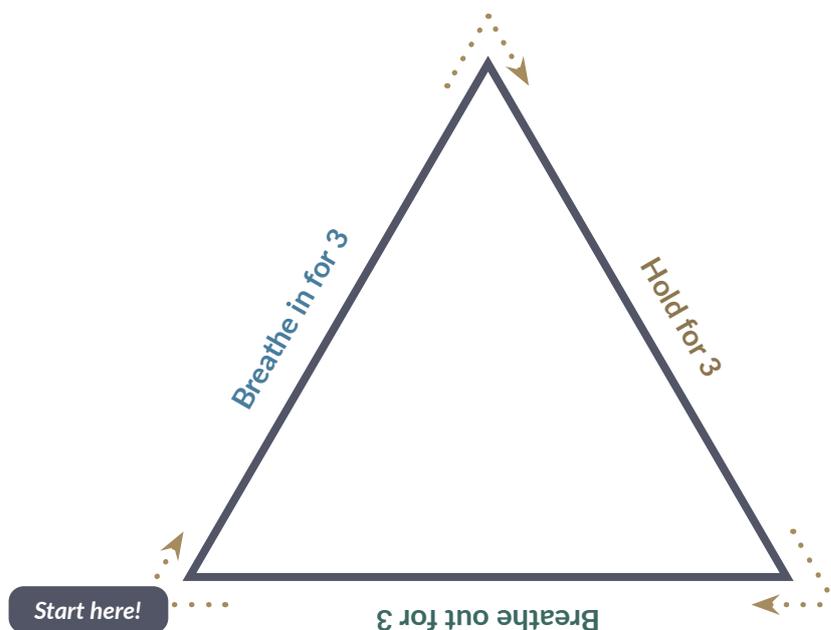
Deep breathing is a really good strategy to do when you are feeling overwhelmed. However, sometimes it can be hard to go through deep breathing. Use these shapes to follow the deep breathing exercises and help you learn how to do deep breathing when you are feeling angry, sad or out-of-control.

While doing each of the breathing exercises, make sure you:

- **Use your fingers** to trace around the shapes while you are doing your deep breathing.
- **Close your eyes** if it is easier for you to concentrate.
- **Breathe in** (in through your nose and fill up your stomach) for a **slow count**¹ of 1-2-3.
- **Hold your breath** for a **slow count** of 1-2-3.
- **Breathe out** (out through your mouth).

Triangle Breathing

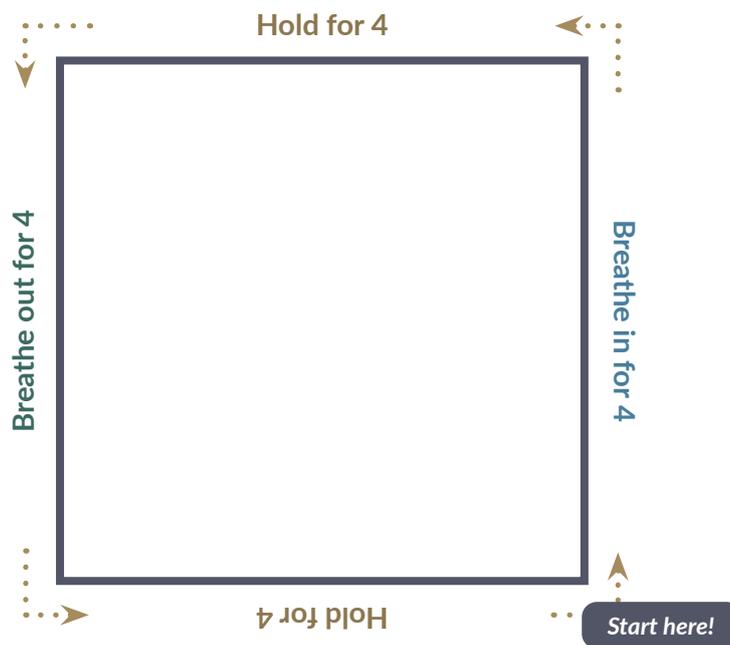
- Start at the **bottom left** (marked start here) side of the triangle.
- **Breathe in** for three seconds as you trace the first side of the triangle.
- **Hold your breath** for three seconds as you trace the second side of the triangle.
- **Breathe out** for three seconds as you trace the final side.
- You have just completed one full deep breath! YAY! :)



¹ 'Slow count' can be using Mississippi's or counting every half second - whatever works best

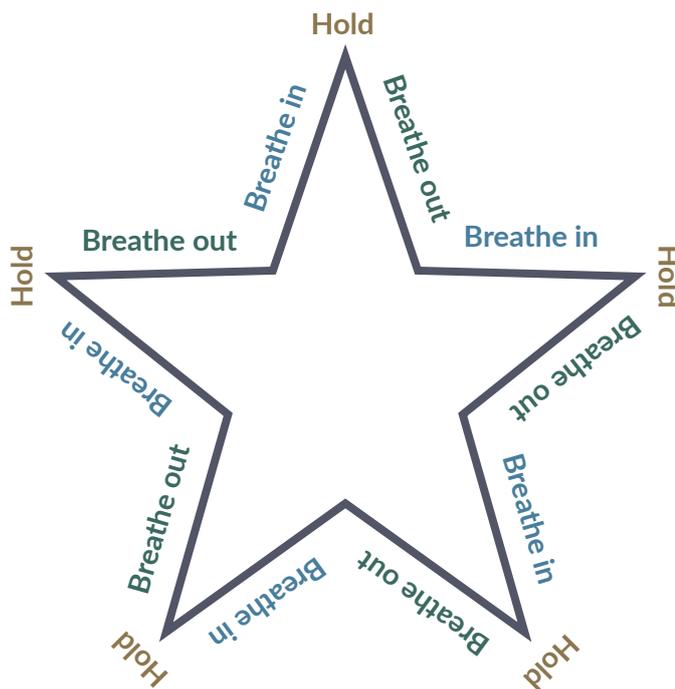
Square Breathing

- Start at the **bottom right** (marked start here) side of the square
- **Breathe in** for four seconds as you trace the first side of the square.
- **Hold your breath** for four seconds as you trace the second side of the square.
- **Breathe out** for four seconds as you trace the third side of the square.
- **Breathe in** for four seconds as you trace the fourth side of the square.



Star Breathing

- Start at **any side marked 'breathe in'** on the star
- **Breathe in** for 3 seconds at that point.
- Trace your finger to the tip of that point.
- **Hold your breath** for 3 seconds when your finger gets to the tip of that point
- **Breathe out** as you trace your finger over the other side of the point



References

- Adapted from: Coping Skills for Kids. (2021). *Deep Breathing Exercises for Kids*. Retrieved on June 2, 2021 from <https://copingskillsforkids.com/deep-breathing-exercises-for-kids>.

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