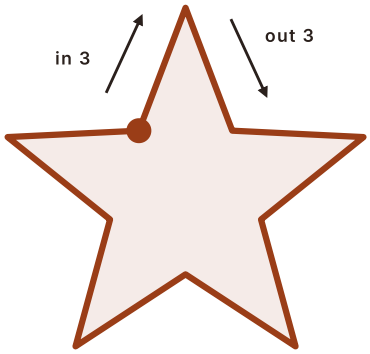
AGES 4 TO 10

Star breathing



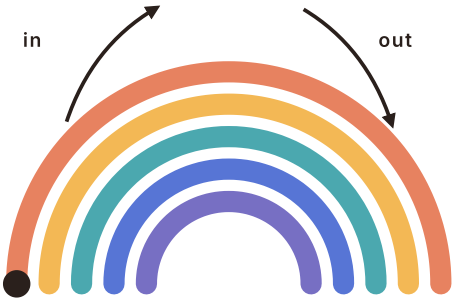
1. Start at the dot. Trace up a point as you **breathe in** for 3.
2. Trace down the other side as you **breathe out** for 3.
3. Go all the way round: 5 points, 5 slow breaths.

Slow and smooth, like a shooting star taking its time.

breathform.app/breathing/star-breathing

AGES 3 TO 10

Rainbow breathing



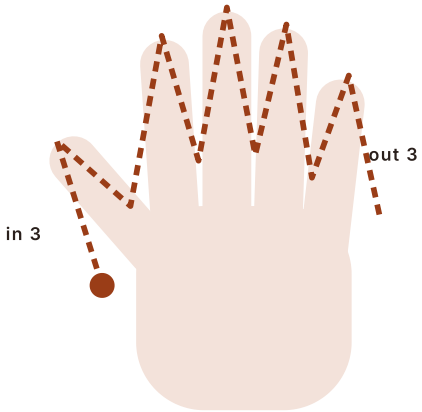
1. Start at the dot, bottom left.
2. **Breathe in** for 3 as you trace up to the top of the arch.
3. **Breathe out** for 3 as you trace down the other side.
4. One colour for each breath, outside to inside.

Let your finger move as slowly as your breath.

breathform.app/breathing/rainbow-breathing

AGES 4 AND UP

Five-finger breathing



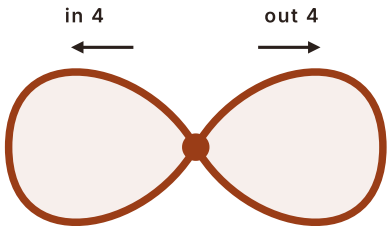
1. Spread one hand, or use the hand on the card.
2. Trace up a finger as you **breathe in** for 3.
3. Trace down the other side as you **breathe out** for 3.
4. Thumb to little finger: 5 breaths. Then come back.

Works under a desk, too: nobody needs to know.

breathform.app/breathing/five-finger-breathing

AGES 4 TO 10

Lazy 8 breathing



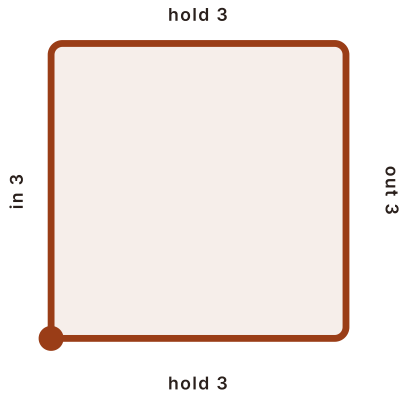
1. Start in the middle, where the loops cross.
2. Trace the left loop as you **breathe in** for 4.
3. Trace the right loop as you **breathe out** for 4.
4. Keep going round, 5 times or more.

An 8 lying down for a rest: no corners, no hurry.

breathform.app/breathing/lazy-8-breathing

AGES 5 TO 12

Box breathing for kids



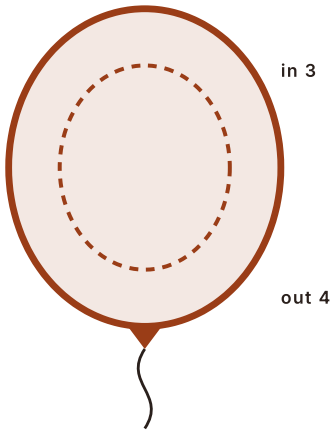
1. Start at the dot. Up the side: **breathe in** for 3.
2. Across the top: **hold** for 3, gently.
3. Down the side: **breathe out** for 3.
4. Along the bottom: **hold** for 3. Go round the box 4 times.

Say the sides out loud: up, across, down, along.

breathform.app/breathing/box-breathing-for-kids

AGES 3 TO 8

Balloon breathing



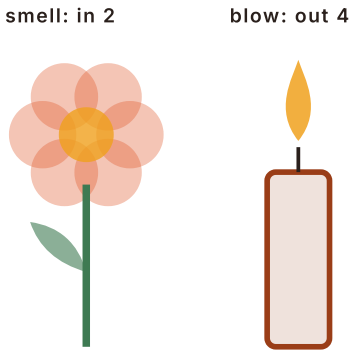
1. Put your hands on your tummy: that's the balloon.
2. **Breathe in** through your nose for 3 and feel it fill up.
3. **Breathe out** for 4 and let it go down slowly.
4. Blow up 5 balloons.

Gentle balloons only: no popping.

breathform.app/breathing/balloon-breathing

AGES 2 TO 8

Smell the flower, blow out the candle



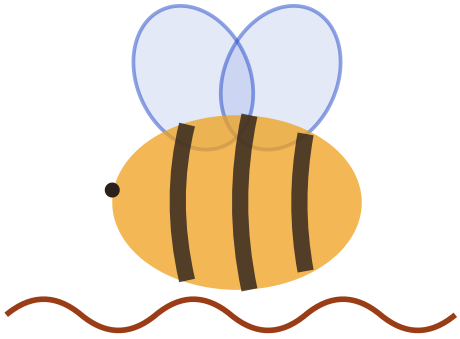
1. Hold up one finger for the flower and one for the candle.
2. Smell the flower: **breathe in** through your nose for 2.
3. Blow out the candle: **breathe out** slowly through your mouth for 4.
4. Do it 5 times.

A slow blow makes the flame flicker; a fast one blows it out.

breathform.app/breathing/flower-and-candle-breathing

AGES 3 TO 8

Bumble bee breathing



1. Sit up tall and close your lips.
2. **Breathe in** through your nose for 3.
3. **Hum** like a sleepy bee for 5, as long as is comfy.
4. Feel the buzz in your lips and nose. 5 buzzes.

A quiet bee is a calm bee.

breathform.app/breathing/animal-breaths-for-kids