

BREATHING TECHNIQUES

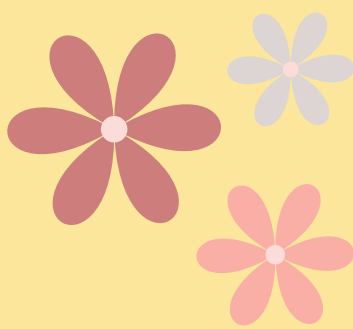
DRAGON BREATH

Pretend you are a fire breathing dragon. Take a deep breath in, and then let out all of your firebreath!



SMELL THE FLOWERS

Take a deep breath in like you are smelling a beautiful flower. Hold your breath like you are trying to get as much of the smell as possible. Exhale. Repeat until you have smelled all of the flowers.



BIRTHDAY CAKE BREATHING

Take a deep breath in and then when you exhale you have to blow out all of the candles on your birthday cake!

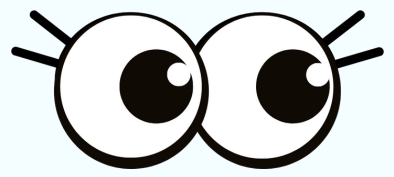


Grounding Technique

Identify...

5

things you
can see



4

things you
can feel



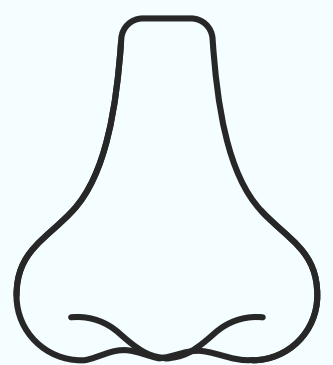
3

things you
can hear



2

things you
can smell



1

thing you
can taste

