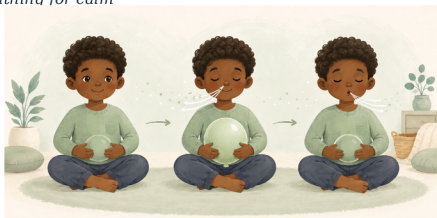


1

CALMING & SLEEP

Balloon Belly

Belly breathing for calm



- 1 Put both hands on your belly. Feel it rise and fall like a balloon.
- 2 Breathe in through your nose slowly for 4 counts. Feel your belly push your hands out — the balloon is filling up!
- 3 Breathe out through your mouth slowly for 6 counts. The balloon is gently deflating.
- 4 Repeat 5 times. Each time, try to make your out-breath a little longer than your in-breath.

Try this when: You feel worried, can't fall asleep, or need your body to slow down.

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2

CALMING & SLEEP

Snake Breath

The long, slow hiss



- 1 Sit up tall like a snake rising out of a basket.
- 2 Take a deep breath in through your nose for 3 counts. Fill up all the way.
- 3 Breathe out making a "sssssss" sound — like a snake! Make it last as long as you can. Try for 8 counts.
- 4 Repeat 4 times. Try to make each hiss longer than the last. Can you get to 10 counts?

Try this when: Your body feels buzzy or restless and you need to wind down.

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3

FOCUS & ATTENTION

Bumble Bee Buzz

Humming for your brain



- 1 Close your eyes and gently place your fingertips over your ears.
- 2 Take a big breath in through your nose.
- 3 Breathe out and hum "mmmmm" — like a bumble bee buzzing! Feel the hum vibrate in your head and chest.
- 4 Repeat 5 times. Notice how each buzz makes your whole body feel tingly and focused.

Try this when: You need to concentrate, or your brain feels scattered and noisy.

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4

FOCUS & ATTENTION

Star Breathing

Trace, breathe, repeat



- 1 Hold up one hand with your fingers spread out like a star.
- 2 With your other pointer finger, start at the bottom of your thumb. Trace UP the outside — breathe in. Trace DOWN the inside — breathe out.
- 3 Keep going across all 5 fingers. Up = breathe in. Down = breathe out. That's 5 full breaths.
- 4 Switch hands and do it again if you want 10 breaths. Slow and steady wins.

Try this when: You're about to take a test, start something new, or feel nervous.

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5

BIG EMOTIONS

Dragon Fire

Let it out, then let it go



- 1 Stand up and plant your feet. You're a dragon. Feel your feet on the ground.
- 2 Take the biggest breath in you can — through your nose. Fill up your whole body. Raise your arms up like wings.
- 3 Open your mouth wide and BREATHE OUT hard — like a dragon breathing fire! Drop your arms down as you do.
- 4 Do 3 big dragon breaths. Then finish with one slow, quiet Balloon Belly breath to cool down.

Try this when: You feel really angry, frustrated, or like you might explode.

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6

ENERGY & ACTIVATION

Melting Snowman

Tense it up, then let it melt



- 1 Stand up straight and stiff like a frozen snowman. Squeeze every muscle tight — fists, shoulders, legs, face. Hold for 5 seconds.
- 2 Now the sun comes out. Slowly start to melt. Let your shoulders drop first. Then your arms. Breathe out the whole time.
- 3 Keep melting all the way down — your back, your knees — until you're a puddle on the floor. Breathe out the whole time.
- 4 Stay in your puddle for 3 breaths. Feel how different your body feels now — soft, warm, loose. Then slowly rebuild your snowman.

Try this when: Your body feels frozen, stiff, or shut down. When you feel stuck or low energy.

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