

SPRING THEMED DEEP BREATHING AND CALMING STRATEGIES



Breathe like a Bunny.

Breathe in three short sniffs through nose and then one long exhale



JOURNEY INTO
EARLY CHILDHOOD
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Breathe like a Bumblebee:

Place tips of pointer
fingers gently on your
ears to close off sound.

Take a deep breath in.

Hum while letting it out.

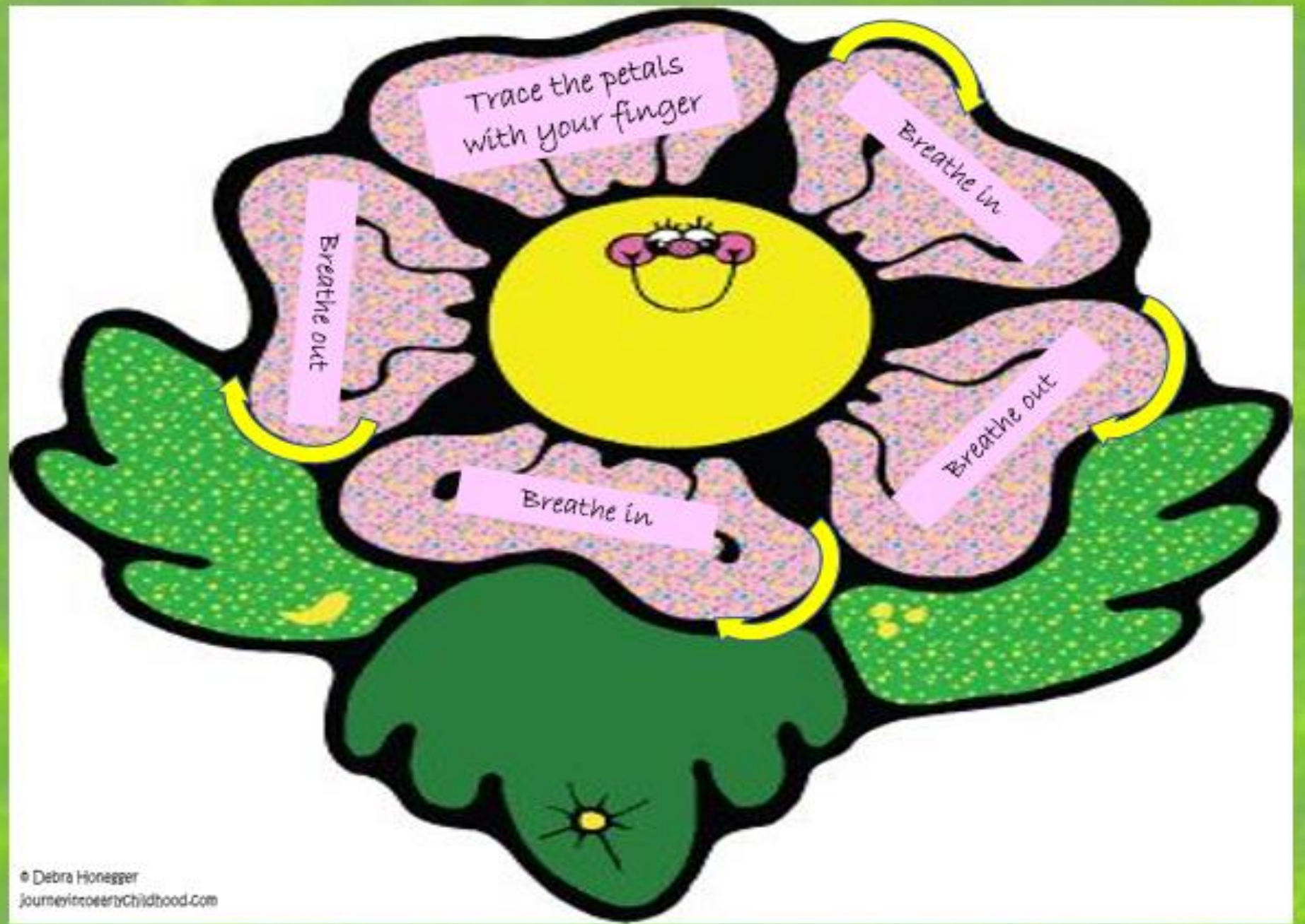


Breathe like a Bunny:

Breathe in three short sniffs through nose and then one long exhale



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Breathe like a Bear:

Pretend to be a bear that is waking up from hibernating.

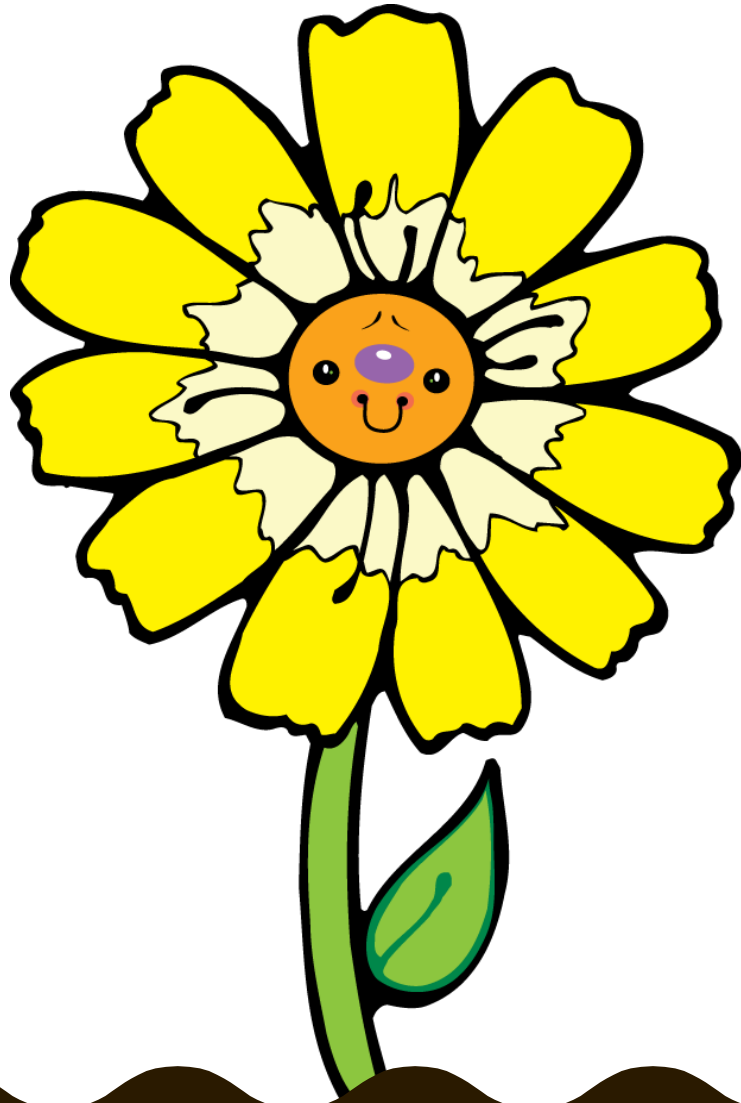
Take long, slow, deep breaths.

Breath in 1, 2

Breath out 3, 4

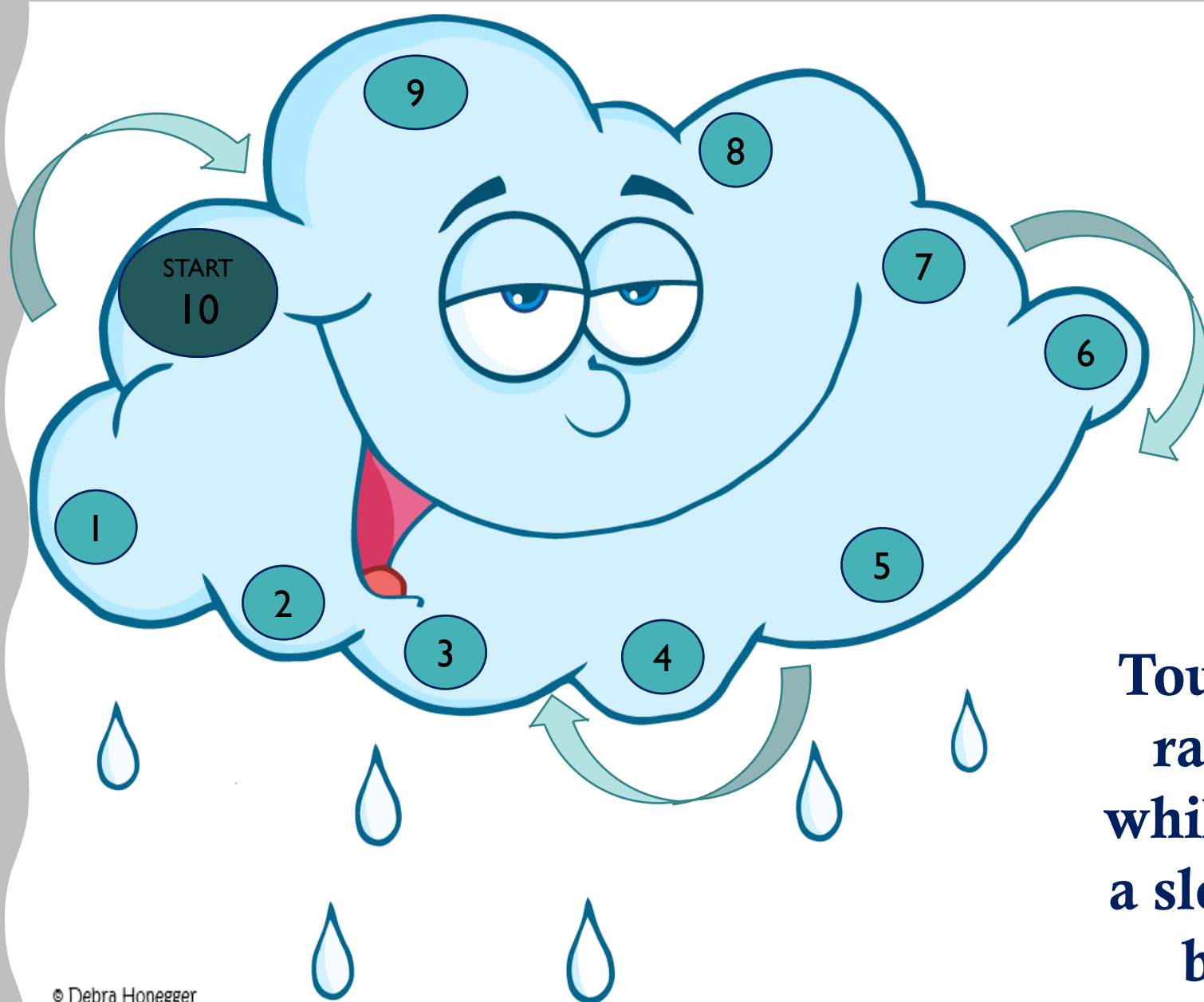
Take a deep breath and let out a long growl

Breathe in through your nose
Pretend to smell a flower



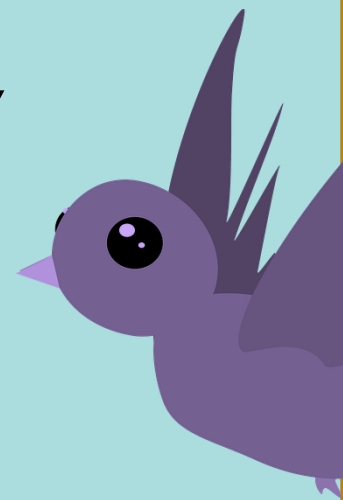
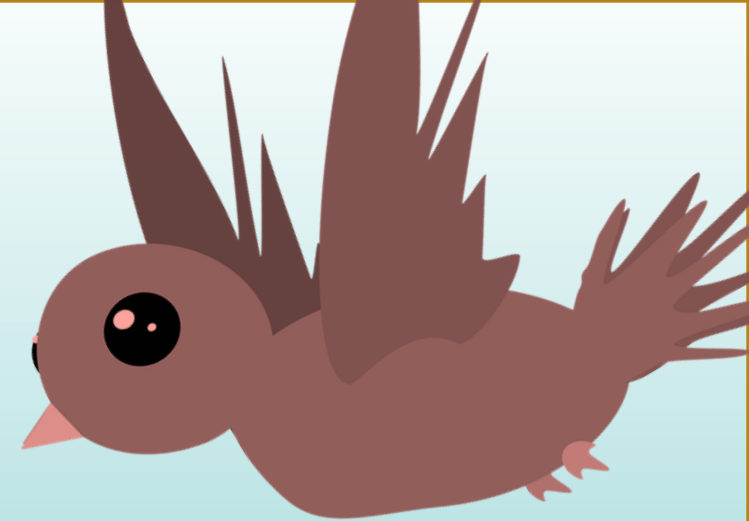
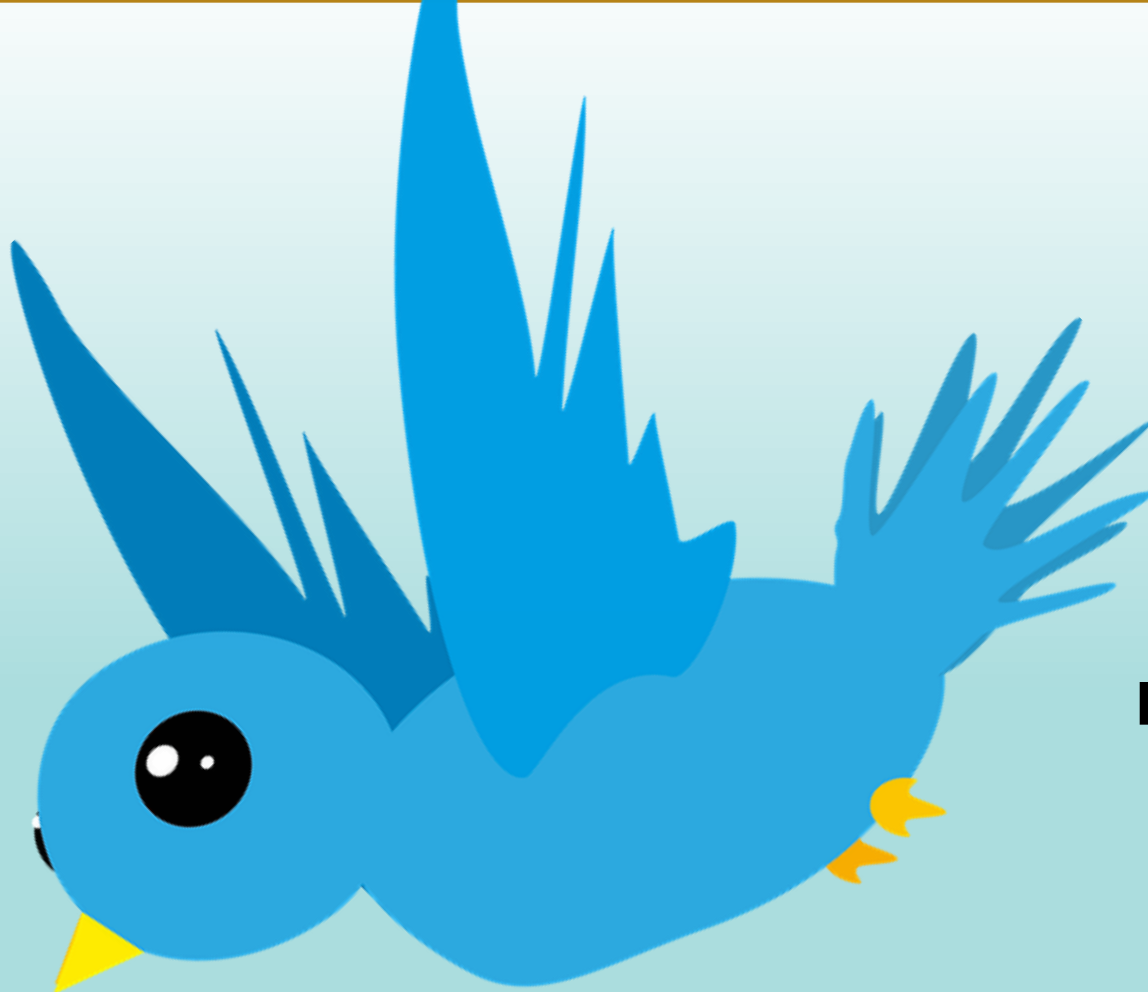
Breathe out through your mouth
Pretend to blow the seeds from a
dandelion





**Trace the
cloud and
count
backwards
from 10**

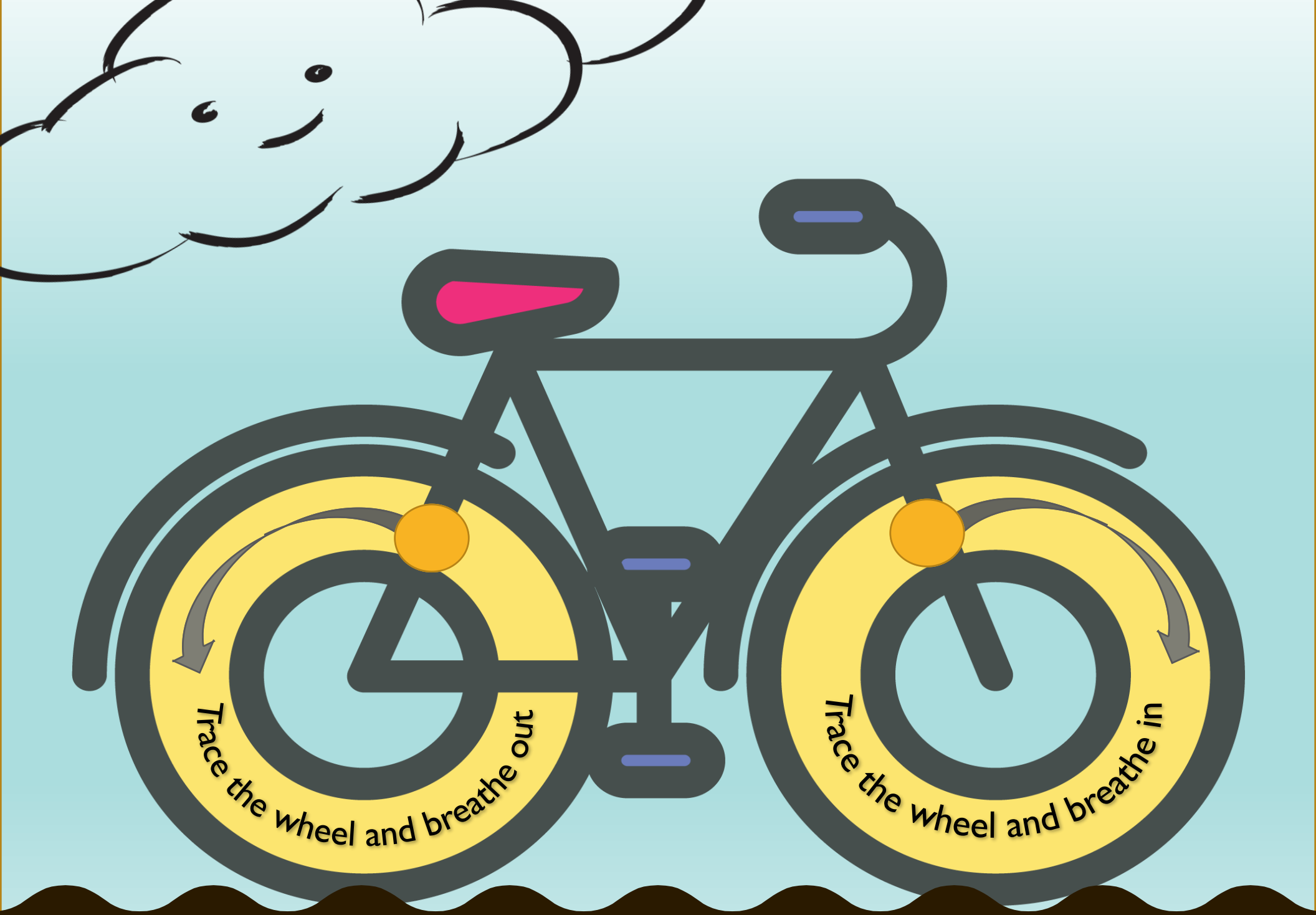
**Touch each
raindrop
while taking
a slow, deep
breath**



**Pretend to be a Bird
Flap Your
Wings Slowly
Searching
for
Seeds to Eat**

*Arms Up- Breath In
Arms Down- Breath Out
Repeat at least 5 times*





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Also see Winter Themed Breathing Strategies at <https://www.teacherspayteachers.com/Product/Winter-Themed-Deep-Breathing-Strategies-6256399>

Sincerely,
Debra Honegger

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