

SEL · GRADES 1–3

Four Breaths to Try

When big feelings come up

Four breathing techniques

<p>1 — Star breathing</p> <p>Trace a star with your finger. Breathe IN as you trace one point UP, breathe OUT as you trace the next point DOWN. Repeat for all five points.</p>	<p>2 — Bumblebee breath</p> <p>Take a deep breath in. As you breathe out, hum like a bee — 'mmmmm'. Feel the vibration on your lips. Repeat 5 times.</p>
<p>3 — Square breathing</p> <p>Breathe IN for 4 counts. HOLD for 4. Breathe OUT for 4. HOLD for 4. Imagine your breath drawing a square. Do this 4 times.</p>	<p>4 — Hand tracing</p> <p>Hold one hand up, fingers spread. With the other hand, trace your fingers slowly. Breathe IN as you trace UP a finger. Breathe OUT as you trace DOWN. Repeat for all 5 fingers.</p>

When to use these

Use these breathing techniques whenever you feel a BIG feeling — angry, scared, sad, frustrated, even very excited. They help your body slow down so your brain can think clearly. The more you practice when you're calm, the easier it'll be when you really need them.

