Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

Hold for 4 Breathe out for 4 Breathe in for 4 **Hold for 4** start here

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Lazy 8 Breathing

while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger with your finger.

