

TRIANGLE BREATHING

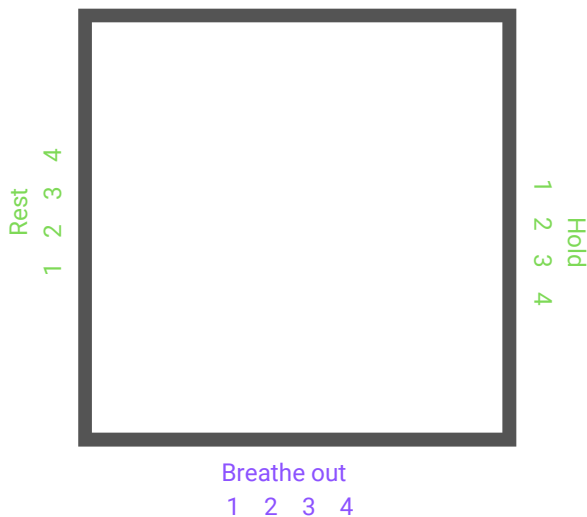
Breathe in through the nose for the
count of 3

Hold the breath for the count of 3

Breathe out through the mouth for
the count of 3

Shape Breathing Cards

Breathe in
1 2 3 4



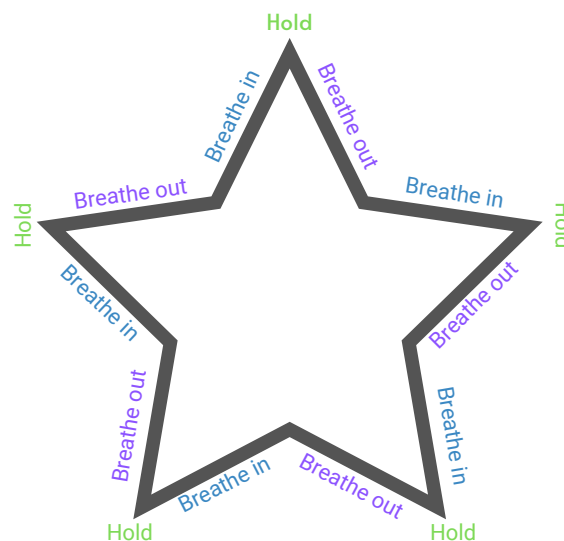
SQUARE BREATHING

Breathe in through the nose for
the count of 4

Hold the breath for the
count of 4

Breathe out through the mouth
for the count of 4

Rest for the count of 4



STAR BREATHING

Fan out your hand in a star shape
Starting at the base of your thumb,
begin tracing around your hand with
your opposite finger

Breathe in through the mouth as
you trace the outside of your thumb

Breathe out through the nose as
you trace the inside of your thumb

Repeat for all fingers