

### SHAPE BREATHING

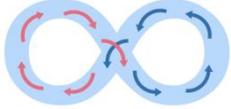
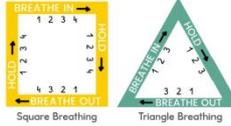


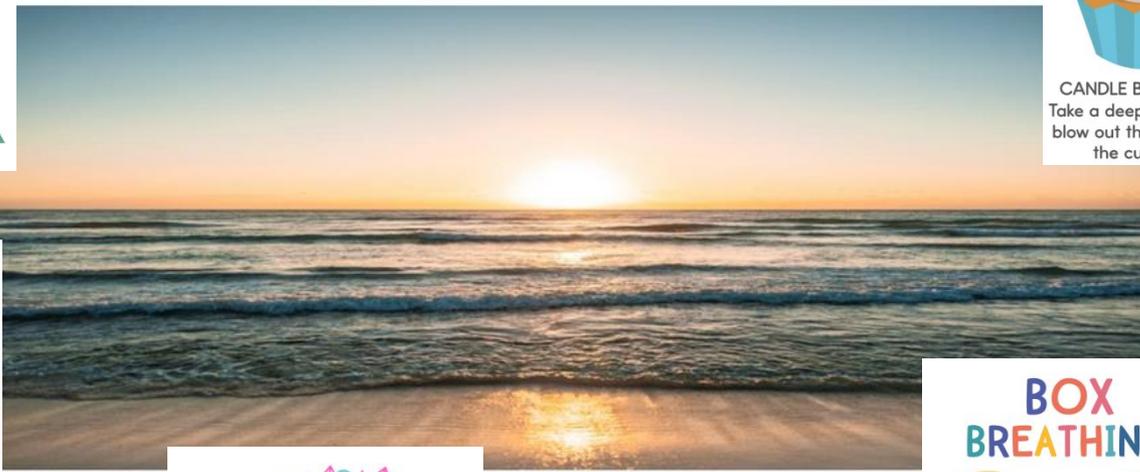
Figure 8 Breathing  
Breathe in when you are tracing the pink arrows.  
Breathe out when you are tracing blue arrows.



Square Breathing Triangle Breathing



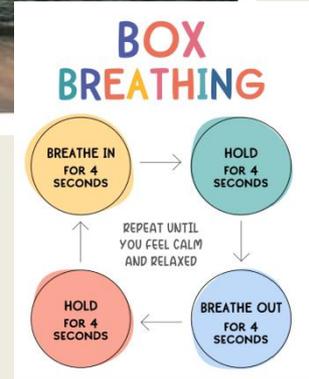
**CANDLE BREATHING**  
Take a deep breath and blow out the candle on the cupcake.



### Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the color. Trace the next arrow and breathe out. Continue around the image several times.



# Mental Health Week

Henbury View First School

Breathing Techniques

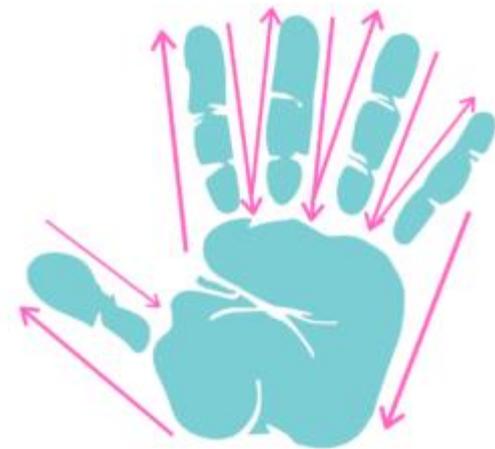




It is time for your weekly prompt to take some time to relax. This week we are looking at breath work and the power that controlled breathing holds in regulating your nervous system and calming mind and body.

### **Hand breathing**

1. Trace your index finger around the shape of your other hand.
2. Breathe in when travelling up the finger
3. Exhaling (breathe out) when travelling down.



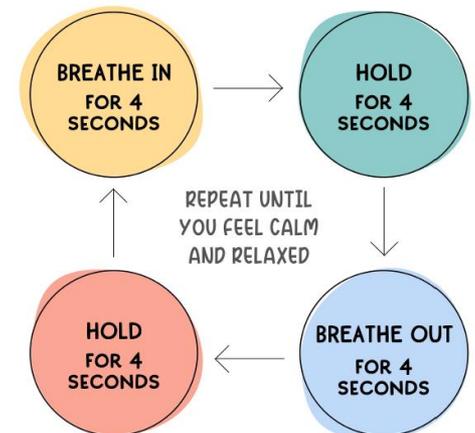


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### Box breathing

1. Inhale slowly and deeply through your nose as you count slowly in your head to four. Let the air fill your lungs and belly.
2. Pause, holding your breath for another slow count of four.
3. Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen
4. Pause again. Hold your breath for the count of four before repeating this process.
5. Enjoy!

## BOX BREATHING

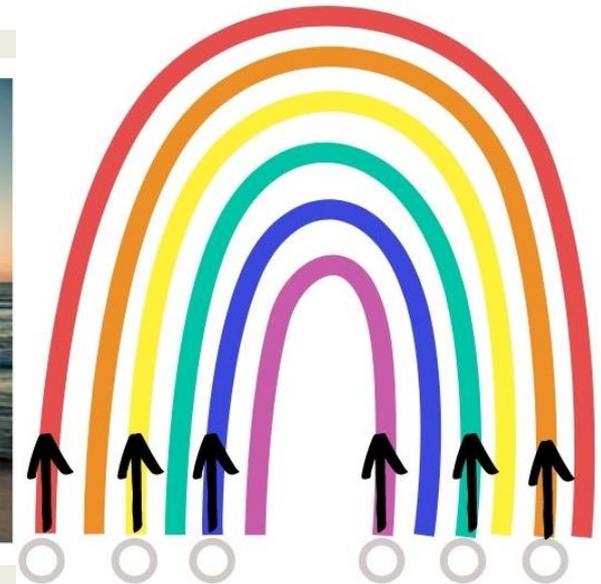


## Rainbow Breathing

It is time for your weekly prompt to take some time to relax. This week we are looking at breath work and the power that controlled breathing holds in regulating your nervous system and calming mind and body.



## Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the color. Trace the next arrow and breathe out. Continue around the image several times.

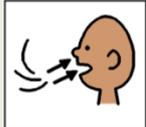
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## Candle Breathing

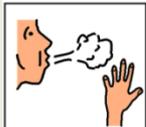
Blowing candles 



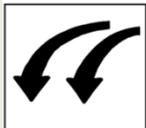
Hold up your hand and pretend that your fingers are candles.



Take a deep breath in.



Using one SLOW breath blow across all of your fingers.



Repeat this several times.



**CANDLE BREATHING**  
Take a deep breath and  
blow out the candle on  
the cupcake.

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## Shape Breathing



## SHAPE BREATHING

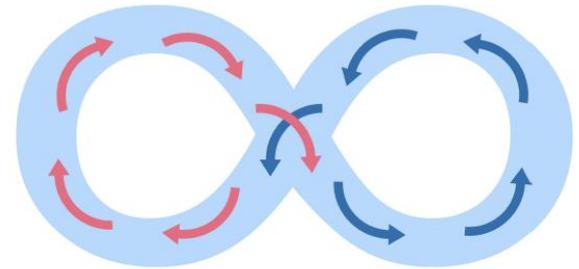
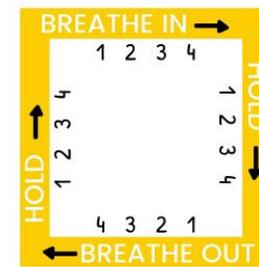
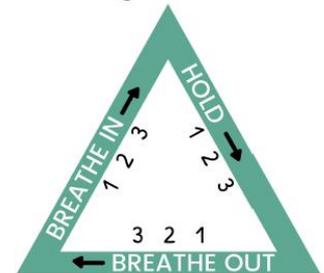


Figure 8 Breathing  
 Breathe in when you are tracing the pink arrows.  
 Breathe out when you are tracing the blue arrows.



Square Breathing



Triangle Breathing