

My Big Breathing

The diagram shows a roller coaster track with two hills. A blue circle labeled "Start here" is at the top of the first hill. A red arrow labeled "Breathe in" points up the first hill. A red arrow labeled "Breathe out" points down the second hill. A red box labeled "Hold" is at the bottom of the second hill.

Roller Coaster Breathing

Trace your finger along the shape & breathe in /out

The diagram shows a heart shape. A blue circle labeled "Start here" is at the top left. A red arrow labeled "Breathe in" points up the right side. A red arrow labeled "Breathe out" points down the left side. A red box labeled "Hold" is at the bottom.

Heart Breathing

Trace your finger along the shape & breathe in /out

The diagram shows a butterfly shape. A blue circle labeled "Start here" is at the top center. A red arrow labeled "Breathe in" points up the right wing. A red arrow labeled "Breathe out" points down the left wing. A red box labeled "Hold" is at the bottom center.

Butterfly Breathing

Trace your finger along the shape & breathe in /out

The diagram shows a pair of lungs. A blue circle labeled "Start here" is at the top center. A red arrow labeled "Breathe in" points up the right lung. A red arrow labeled "Breathe out" points down the left lung. A red box labeled "Hold" is at the bottom center.

Lung Breathing

Trace your finger along the shape & breathe in /out