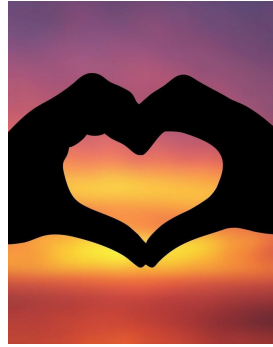




Volcano Breath

- Breathe in, bringing hands flat together up above your head through the midline
- Breathe out, making spewing lava noises with straight arms coming out at sides



Heart Breath

- Making a heart with your two hands, starting with arms straight and heart away from body
- Breathe in, bringing heart towards body. Breathe out, bringing heart away from body.



Waterfall Breath

- Breathe in, bring hands out straight from chest
- Breathe out bringing hands & twinkling fingers down making the “shhhhh” sound



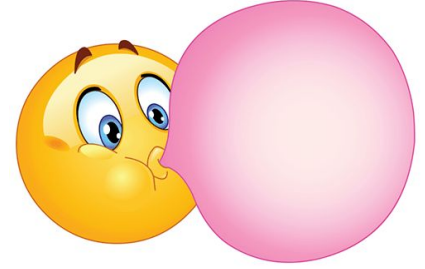
Smiling Breath

- Breathe in, putting both hands over face
- Breathe out, making a big smile or any kind of facial expression
- Find a friend and copy each other's faces!



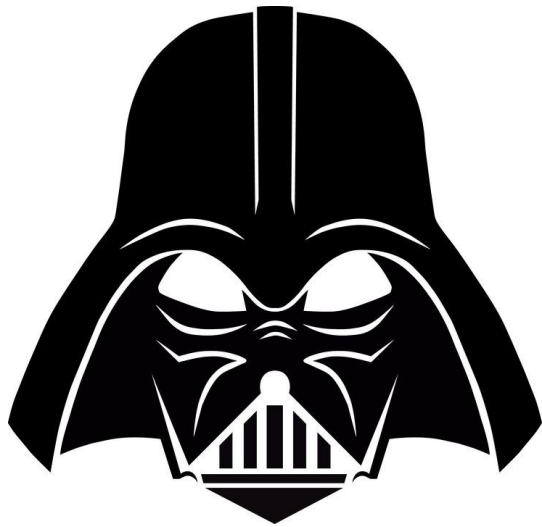
Bubbles of Peace Breath

- Breathe in fake dunking your bubble wand in the soap
- Breathe out pretending to blow bubbles through the wand
- Imagine you're blowing peace, happiness, love to all of your friends!



Bubble Gum Breath

- Breathe in, holding air in mouth making a big bubble
- Breathe out pushing air through mouth with lips mostly closed like you would blowing a big bubble
- Blow bubbles of greatest wishes



Darth Vader Breath

- Inhale through nose, tightening glottis
- Exhale through mouth making “pahhhhhh” sound audibly



Juggling Scarf Breath

- Inhale slowly through nose moving hand up like you're throwing a scarf
- Exhale slowly through mouth moving hand down like you're catching the scarf



Flower Breath

- Put pinkies and thumbs together with remaining fingers up making a flower. Inhale through nose smelling inside your slower
- Exhale “ah” out of mouth outside of your flower careful not to blow it over



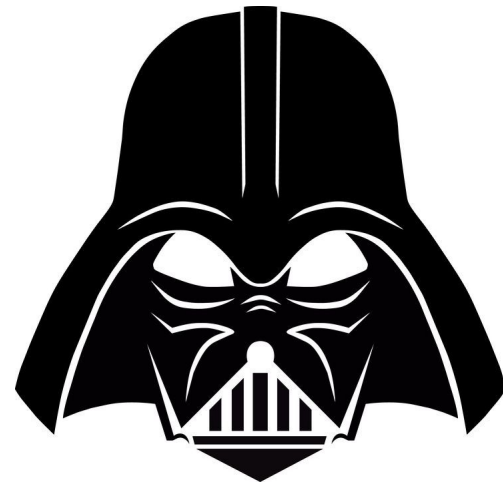
Jedi Breath

- Inhale through nose bringing arms over head from sides
- Exhale through mouth bringing hands down to heart center slightly apart, feeling “the force” between the hands



Light Saber Breath

- Make fists. Put on top of each other and put by hip. Inhale lifting your light saber out of it's holster
- Exhale making light saber noises taking a long time to let your breath out



Darth Vader Breath

- Inhale through nose, tightening glottis
- Exhale through mouth making “pahhhhhh” sound audibly



Chopping Breath

- Put out your cutting board (hand flat), get out your knife (other hand), inhale fast through nose for each chop (do three)
- Exhale fast as you move your knife across your cutting board removing the veggies/fruit you were cutting



Flower to Bee Breath

- Inhale through nose smelling your flower (pinkies and thumbs together form flower)
- Exhale buzzing like a bee pollinating the flower



Mindful Sit

- Sit comfortably, with back straight, hands in lap, on knees or at heart center
- Breath deeply in and out thinking belly, ribs, chest fully filling on the inhale and fully letting go on the exhale
- Can you sit still for 30 seconds?



Warrior Breath

- Inhale through nose bringing arms straight up overhead
- Exhale quick “HA” and tighten tummy muscles bringing arms into hips with fists like a ninja warrior



Lions Breath

- Inhale through nose
- Exhale open mouth with tongue out “ah”
- For posture addition, use frog legs to side and put hands in-between legs looking like a lion sitting & yawning



Breath of Joy (Wooh!)

- Starting with arms straight out from chest, inhale three quick breaths bringing arms all the way above head
- Fast exhale saying “woooooh!” bending from hips and bringing arms leaving them hang



Airplane Breath

- Inhale through nose bringing one hand up, spreading out pinky and thumb (wings) pretending to “take off”
- Exhale flying your plane hand all around making plane noises



Candle Breath

- Inhale through nose raising your pointer finger
- Exhale over your pointer finger like you’re blowing out a candle



Ice Cream Breath

- Making fists, stack one on top of the other breathing in
- Exhale eating all of the ice cream!



Community Heart

- Find three other friends (groups of 4) and make a heart with your hands.
- Breathe in on your way up, and out on your way down
- Give each other hugs after



Hot Air Balloon Breath

- Standing and bending knees into a crouch, arms at sides.
- Breathe in, standing and bringing arms over head like you're holding a big ball. Breathe out back to crouch



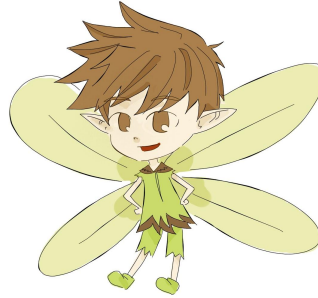
Peacock Breath

- Breathe in, arch back, point out nose and bring hands to t-rex position
- Breathe out bringing hands behind body to mimic the peacock tail



The BIG Yawn Breath

- Breathe in, putting hand near mouth
- Breathe out, yawning covering mouth to be polite



Fairy Breath

- Breathe in, fluttering eyes and hands on back as wings, rising up, running around until you can't breathe in anymore
- Breathe out, leaping and finding stillness smiling with big eyes



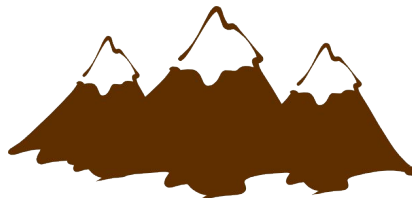
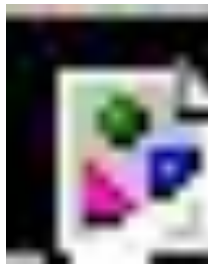
Trumpet Breath

- Breathe in with thumb in mouth rising all four fingers wiggling
- Breathe out making trumpet noises and marching around pushing fingers down light you're playing the instrument



Bird Songs Breath

- Breathe in, flapping bird wings
- Breathe out, making bird noises to let air out
- Choose what type of bird you want to be!



Up & Down the Mountain Breath

- Holding out one hand, trace your hand with your other hand's pointer finger.
- Breathe in as you go up the mountain, breathe out as you go down.



Rainbow Breath

- Copy the “sign” for rainbow. Hiding thumb, hold up four fingers, one hand facing up, other facing down and touching the other.
- Breathe in, drawing one hand up making the rainbow shape, breathe out making shape of pot of gold