

GoZen!

Breathe With Us

by the Prisma Pals



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4-7-8 Breathing



4-7-8 Breathing

1. Pretend there is a balloon in your belly! Take a long, deep breath in through your nose for 4 seconds, and fill up the balloon with your breath.



2. Gently hold your breath for 7 seconds.

3. Breathe out for a count of 8 seconds. Pretend that this is the air escaping through a tiny hole in the balloon.

4. Relax your body, and then repeat 3 more times.

Breathe easily. If it's hard for you to breathe for the full length of time, that's okay! Try breathing for a count of 3-5-6 instead. With practice, it'll become easier.

My thoughts:



This is how I'm feeling right now (circle or write in your own):



Happy

Focused

Confused

Loved

Angry

Energized

Calm

Back-to-Back Bear Breath



Back-to-Back Bear Breath

1. Sit comfortably with your back against a chair, a wall, or a friend!
2. Take a deep breath in through your nose. As you breathe in, sit up tall, and taller, even taller!
3. Breathe out through your mouth and relax your back and shoulders, letting them round forward.
4. Repeat 3 more times.



My thoughts:

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Breath of the Flower



Breath of the Flower

1. Imagine a pretty flower in your hand. What color is it? How many petals does it have?
2. Smell the flower as you breathe in through your nose for 4 seconds.
3. Relax your body by breathing out through your nose for 4 seconds.
4. Repeat 3 more times.



My thoughts:

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Happy



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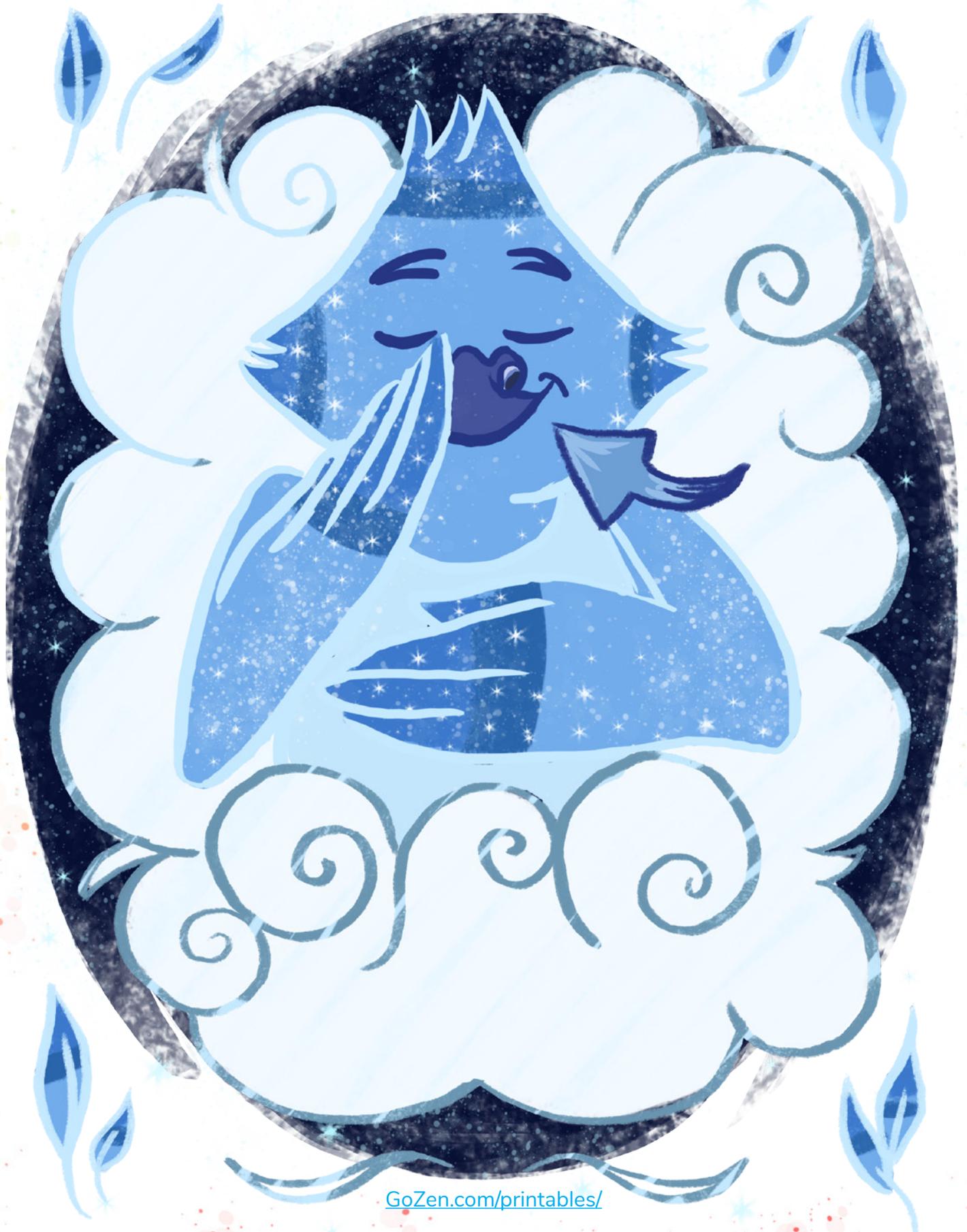


Energized



Calm

Bliss Bird's Breath



Bliss Bird's Breath

1. Close your right nostril gently with your right thumb.
2. Slowly, breathe in through your left nostril for 4 seconds.
3. Close the left nostril, open your right nostril, and breathe out for 6 seconds.
4. Repeat two more times: breathe in through left nostril (4), breathe out through right nostril (6).



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Breath of the Lion's Paw



Breath of the Lion's Paw

1. With your finger, trace each finger on your other hand.
2. Breathe in through your nose as you trace up your thumb.
3. Breathe out through your nose as you trace down your thumb.
4. Move on to the next fingers. Breathe in as you trace up, breathe out as you trace down: one cycle of breath for each finger.
5. Switch hands.



My thoughts:

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Energized



Calm

Lion's Whisper



Lion's Whisper

1. Place your hand on your belly.
2. Take a deep breath in and feel your belly grow big. Notice your chest lift, too.
3. Open your mouth and let it all out slowly using the back of your throat. Pretend that you're fogging up a mirror with your breath.
4. Repeat 4 more times, or until you feel calm and clear.

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Hot Chocolate Breath



Hot Chocolate Breath

1. Imagine you're holding a cup of hot chocolate in your hands.
2. Breathe in through your nose.
3. Breathe out slowly and gently and blow on your hot cup of chocolate. Be careful, you don't want to spill it!
4. Feel your breath against your hands as you breathe out.



Is your hot chocolate still too hot to drink?
Gently blow on it again! (Repeat steps 2 and 3.)

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Energized



Calm

Breath of the Monkey



Breath of the Monkey

1. From a standing position with your feet comfortably apart, breathe in through your nose and raise your arms above your head.
2. Strongly exhale as you bend your knees and pull your arms in, with your hands made into fists.
3. Repeat this action 10 times with the energy of a monkey!

My thoughts:

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Breath of the Ocean



Breath of the Ocean

1. Imagine yourself sitting on a beach. What do you see? What do you hear?
2. Focus your eyes on the imaginary ocean waves, and notice how they rise and fall.
3. Breathe in for 4 seconds as a wave grows bigger. Feel your belly and chest grow bigger, too!
4. Breathe out for 4 seconds as the wave crashes down. Feel your belly and chest get smaller.
5. Repeat 3 more times, breathing with the movement of the waves, and feeling that movement in your body, too!



OPTIONAL: When you breathe out, make the sound of an ocean wave with your mouth by saying, “Shhh.”

My thoughts:

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Angry



Energized



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Breath of Flight



Breath of Flight

1. Breathe in deeply and stretch your arms out wide, like an Eagle taking flight!
2. Breathe it all out through your mouth as you lower your arms.
3. Repeat until you feel ready for take off!



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Esme's Elephant Breath



Esme's Elephant Breath

1. Stand tall. Take a big breath in and swing your arms up and over your head!
2. Breathe out forcefully through your mouth as you bend your knees and swing your arms back behind you.
3. Repeat 10 times.
4. Try bringing some sound to your elephant swing! Yell, "HA!" on your forceful breath out.

My thoughts:

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Energized



Calm

Breath of the Moving Belly



Breath of the Moving Belly

1. Take a light object (i.e. pillow, journal, toy car or figurine, etc.) and place it on your stomach.
2. Try and move the object on your belly up and down using your breath.
3. Breathe in through your nose and make your belly grow bigger with your breath, like blowing up a balloon!
4. Breathe out through your nose and pull your belly in, making it smaller.
5. Repeat 3 more times.

With regular practice, you'll be able to move your belly more and more each time!

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Breath of the Rolling Otter



Breath of the Rolling Otter

1. Shake your arms loosely by your side for 30 seconds. Move your whole upper body (like a swimming otter!) if you choose!
2. Take a big breath in. Take a big breath out.
3. Breathe in and count to 3 as you squeeze your shoulders up to your ears.
4. Breathe out and count to 3 as you roll your shoulders down your back.
5. Repeat 3 times more. Notice how your upper body feels.



My thoughts:

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Energized



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Olina's Buzzing Breath



Olina's Buzzing Breath

1. Sit comfortably. Take a slow, deep breath in through your nose.
2. Breathe out and make the sound of a bee! "Zzz"
3. Close your lips and continue to make the sound of a bee. Feel the buzz in your throat!
4. Try again, but this time cover your eyes with your fingers, and close your ears with your thumbs. Keep buzzing!
5. Practice the buzzing bee breath for three rounds.

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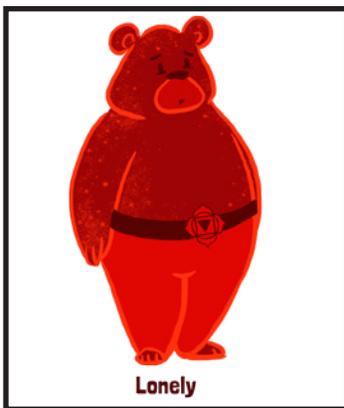
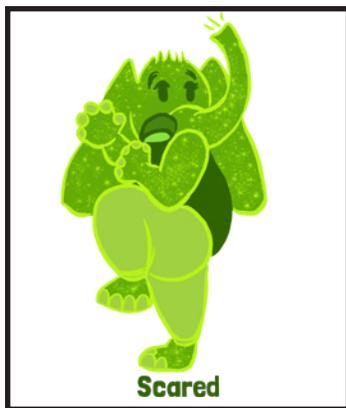
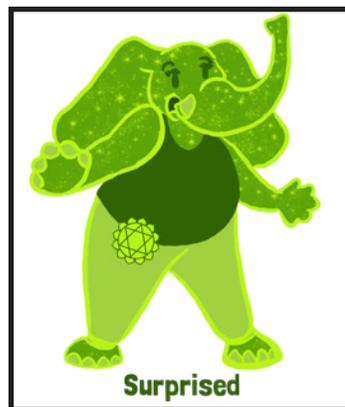
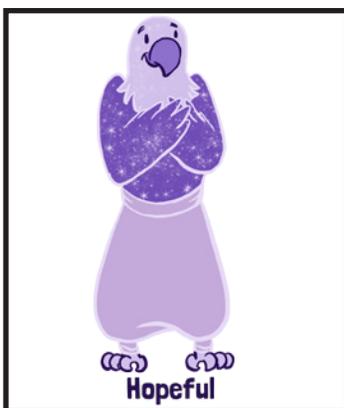
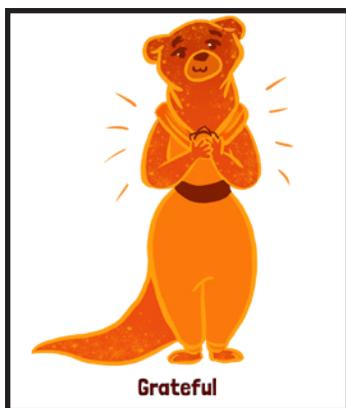


Energized

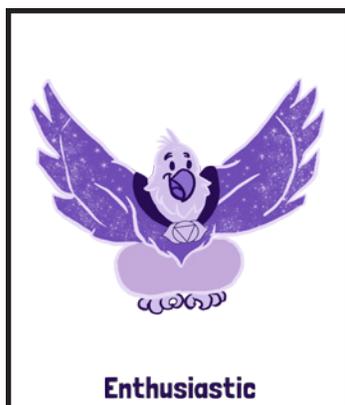
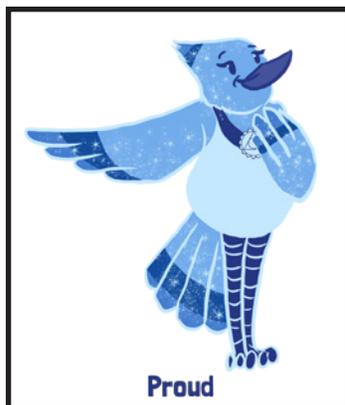
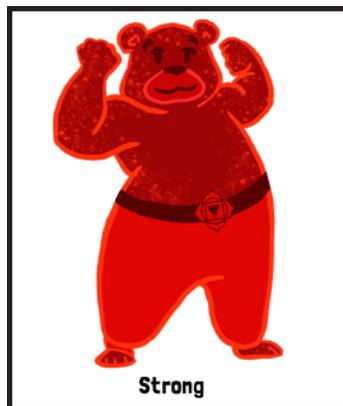
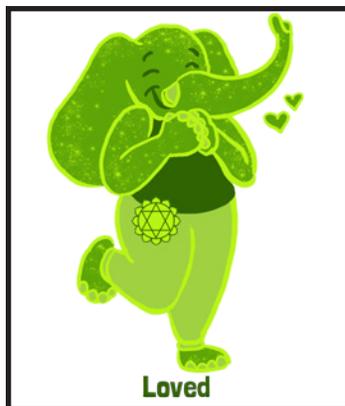


Calm

I feel: _____



I feel:





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