

Calm Breathing Cards cloud breath

Trace up as you breathe in and down as you breathe out.

Talk, point, and answer



Start at the bottom of the cloud line.



Breathe in on the way up.



Breathe out on the way down.

Trace the cloud again



Calm Breathing Cards candle breath

Smell the pretend flower, then blow the candle slowly.

Talk, point, and answer



Smell the flower.

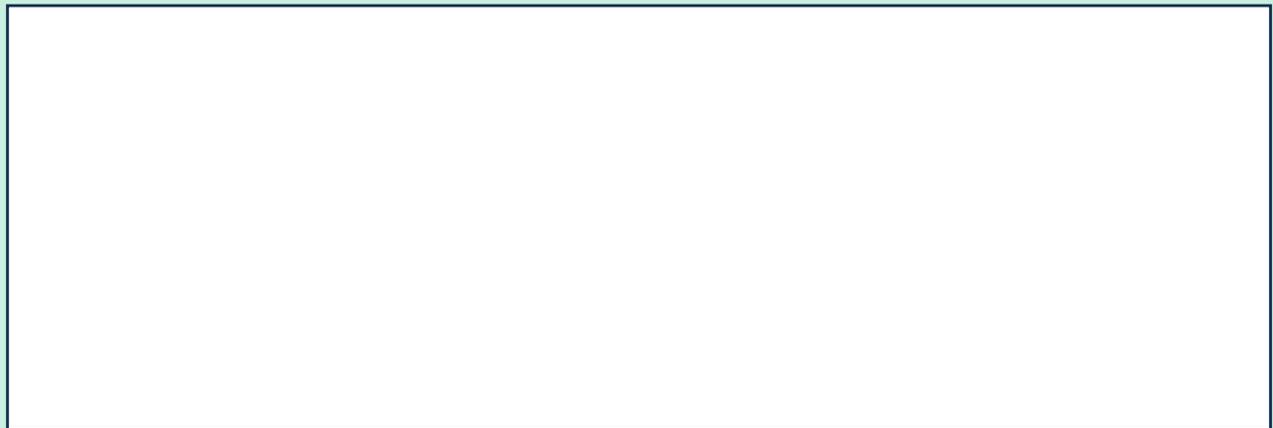


Blow the candle softly.



Rest your shoulders and try once more.

Draw one candle flame



Calm Breathing Cards quiet body practice

Use gentle hand and shoulder prompts for one short calm break.

Talk, point, and answer



Squeeze your hands once.



Drop your shoulders.



Count slowly to three.

Draw your calm face

