

BALLOON BELLY

Take a deep breath in.
Breathe out a long
breath like you're
blowing up a balloon.



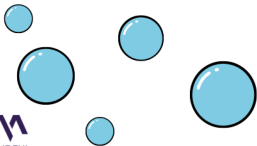
BUNNY SNIFFS

**Breathe in through your
nose: three short, sharp
sniffs, like a bunny
sniffing the air.**



BUBBLE BREATHS

Breathe out short, sharp
breaths, like you're
blowing bubbles
through a bubble wand.



DRAGON PUFFS

Sit up straight. Breathe in then push out your breath like you're blowing out a fireball.



OCEAN WAVES

**Breathe in and out,
slowly and calmly, like
the waves on the ocean.**

FIRE FINGERS

Cup your hands close to your face. Breathe onto them with short and sharp puffs, as if your fingers were on fire.



GROUNDING TECHNIQUES

5

things you can see



4

things you can touch



3

things you can hear



2

things you can smell



1

things you can taste



4 - 7 - 8 BREATHING TECHNIQUE

*Inhale through your
nose for 4 seconds*



*Hold your breath for 7
seconds*

Exhale for 8 seconds
through your mouth

MINDFULNESS "WHAT" SKILLS

OBSERVE

- **Notice your body sensations** (through your eyes, ears, nose, skin and tongue)
- **Pay attention on purpose**, to the present moment.
- **Practice wordless watching:** Watch thoughts come into your mind and let them slip right by like clouds in the sky. Notice each feeling, coming and going, like wave in the ocean.
- Observe both **inside** and **outside** yourself.

BOX BREATHING TECHNIQUE

