

# Scripted Breathing Cards

## Rainbow Breathing

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**What this is.** The original handout (6 pages) reproduced page for page inside the house frame, unaltered, so that every word, line, table and illustration is exactly as its author set it. It replaces the September 2026 redesign of this file, which re-set the text and chopped it.

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## Rainbow Breathing

Trace your fingers over the arches of your rainbow. Breathe in as you trace up over to the right and then breathe out as you trace up and over to the left.

Repeat until you feel calm and grounded.



## Snake Breathing

Sit in a comfortable position.

Inhale through your nose for a count of four.

Hold for a count of two before exhaling through your mouth making a 'sssss' sound like a snake. Make the exhalation last as long as you can.



## Balloon Breathing

Pretend that your belly is a big balloon. Take a slow, deep breath in and imagine your belly blowing up, up and up like a balloon.

Next, breathe out. Pull your belly towards your back and notice how your belly deflates, also like a balloon.



## Soup Breathing

Imagine you are holding a bowl of hot soup in your hands.

Slowly breathe in through your nose and smell the delicious soup.

Slowly breathe out through your mouth to cool the hot soup.

Repeat as many times as you need to.



## Star Breathing

Place your finger on the point at the top of the star. Start to trace your finger around the star following the shape.

Slowly breathe in and out as you trace the star.

Repeat until you feel calm and relaxed.



## Dragon Breathing

Hold your hand in front of your face and take a deep breath in through your nose.

As you breathe out through your mouth, whisper the word 'hah'.

Notice the way the heat of your breath feels on your hand.

Repeat this until you feel calm and grounded.



## Elephant Breathing

Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk.

As you breathe in deeply through your nose, raise your arms up high above your head.

Then slowly swing your arms down again as you breathe out through your mouth.

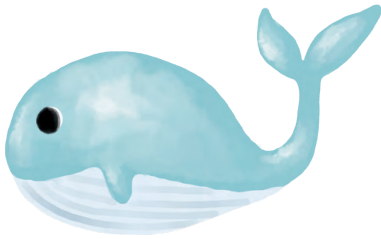


## Bee Breathing

Sit comfortably with your legs crossed, breathe in through your nose for four counts.

As you breathe out make a bee buzzing or humming sound. Make sure your lips are soft so that you can feel the vibration.

Next time place your fingers in your ears and hum on your out breath.



## Whale Breathing

Sit up tall, take a deep breath in and hold for 5 seconds.

Tilt your head up and pretend your mouth is a blowhole. Blow your breath out as hard as you can like a whale blowing water out in the ocean.



## Tea Breathing

Imagine that you just poured a hot cup of tea.

As you bring your warm cup close to your nose, take a deep breath in, smelling the sweet tea.

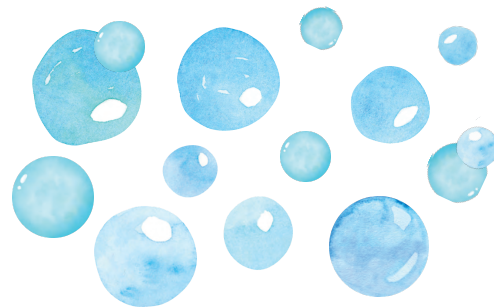
Breathe out through your mouth and pretend to cool your cup of tea with your breath.



## Flower Breathing

Imagine that these flowers are real. Breathe in deeply and while doing so take a big whiff of the flower's beautiful smell.

Hold your breath for a count of two and exhale through your mouth for a count of four.



## Bubble Breathing

Imagine you are holding a bubble wand.

Close your eyes and take a deep breath in. Hold your breath for a moment, then breathe out slowly as if you are blowing bubbles.

Imagine the bubbles floating away carrying all your worries with them.

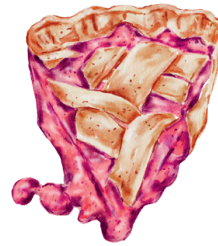
Repeat this until you feel calm and grounded.



## Mermaid Breathing

Imagine you are a mermaid in the water. Take a deep breath in through your nose, as if you can breathe under water.

As you breathe out through your mouth, watch all the bubbles slowly float to the top of the surface.



## Pie Breathing

Imagine there is a warm cherry pie in front of you. Breathe in slowly to smell the sweet treat.

Then breathe out to cool it down so you can take a big bite.

Repeat until you feel calm and grounded.



## Wolf Breathing

Pretend that you are a wolf. Take a deep breath in and fill your belly with air.

As you breathe out, let out a big howl like a wolf.

Repeat this until you feel calm and relaxed.



## Cake Breathing

Slowly take a deep breath in through your nose and pause briefly while you watch the candle lights flicker.

Next, exhale forcefully through your mouth as you try and blow the candles out.

Don't forget to make a wish.

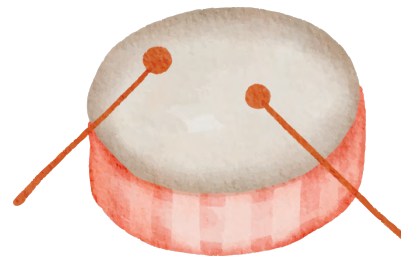


## Owl Breathing

Place your arms straight in front of you, hands opened, palms facing each other.

Breathe in as you open your arms to form 180 degree angles.

Breathe out as they return to their initial position.



## Drum Breathing

Imagine your breath is like a drum in a marching band. On the beat take in four short and quick breaths.

Using the same beat breathe out four short and quick breaths.

Repeat this until you feel calm and relaxed.



## Sloth Breathing

Lie flat on the floor and close your eyes. Take a deep breath in through your nose and squeeze your whole body tightly.

Breathe out and allow your whole body to go limp like a sloth. Feel the relaxation through your whole body.



## Cat Breathing

Kneel on all fours. Breathe in as you lift your chin and tilt your head back.

As you exhale, drop your head back down, arch your back to the sky and make a 'puuurrrrr' sound.

Repeat this until you feel calm and grounded.

