

1-2-3 Breathe with Me

HOW TO USE THE DEEP BREATHING TOOLS:

Cut out the visuals on the next page.

Fold it in half down the middle.

Cut apart the three rows to create 3 deep breathing cards.

Attach a popsicle stick to them by gluing or taping the cards.

Breathe in one side by pretending to smell the cupcake, flower or soap.

Turn the card around and blow out your breath pretending to blow the candles, the dandelion and the bubbles.

Sing along and use your breathing visuals to the 1-2-3 Breathe With Me Song at <https://youtu.be/BO6y7rfNimk>.



Breath In

Breath Out

