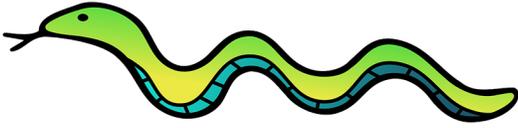
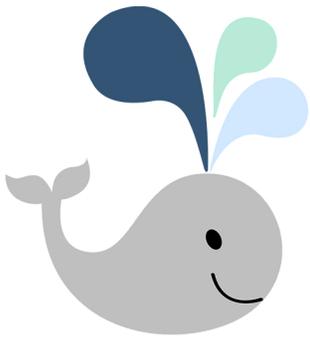


# Animal Breathing



## SNAKE BREATHING

Breathe in, pause briefly, then breathe out slowly while you make a hissing sound for as long as you can.

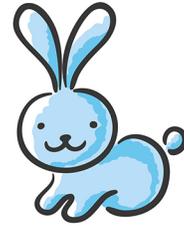


## WHALE BREATHING

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

Version 1: Tilt your head up, pretend your mouth is a blowhole and blow out.

Version 2: Put your hands up on top of head as you blow out to create a blowhole.



## BUNNY BREATHING

Sitting version - make “bunny” hands in front of chest and take quick sniffs like a bunny.

Movement version - start in a squat and hop forward while taking quick bunny sniffs.



## BUMBLEBEE BREATH

Breathe in and pretend you are smelling a flower. As you breathe out, make buzzing bee sound. Try different ways of making the sound - longer or shorter, higher or lower, louder or quieter, etc.