

Deep Breathing Printables

Sometimes you need a little more structure and playfulness around how to take a deep breath.

Using shapes is an easy way to keep track of breaths in and out. You can use your finger to trace the shape so you know where you are in your breathing.

Try each and see how they work for you!

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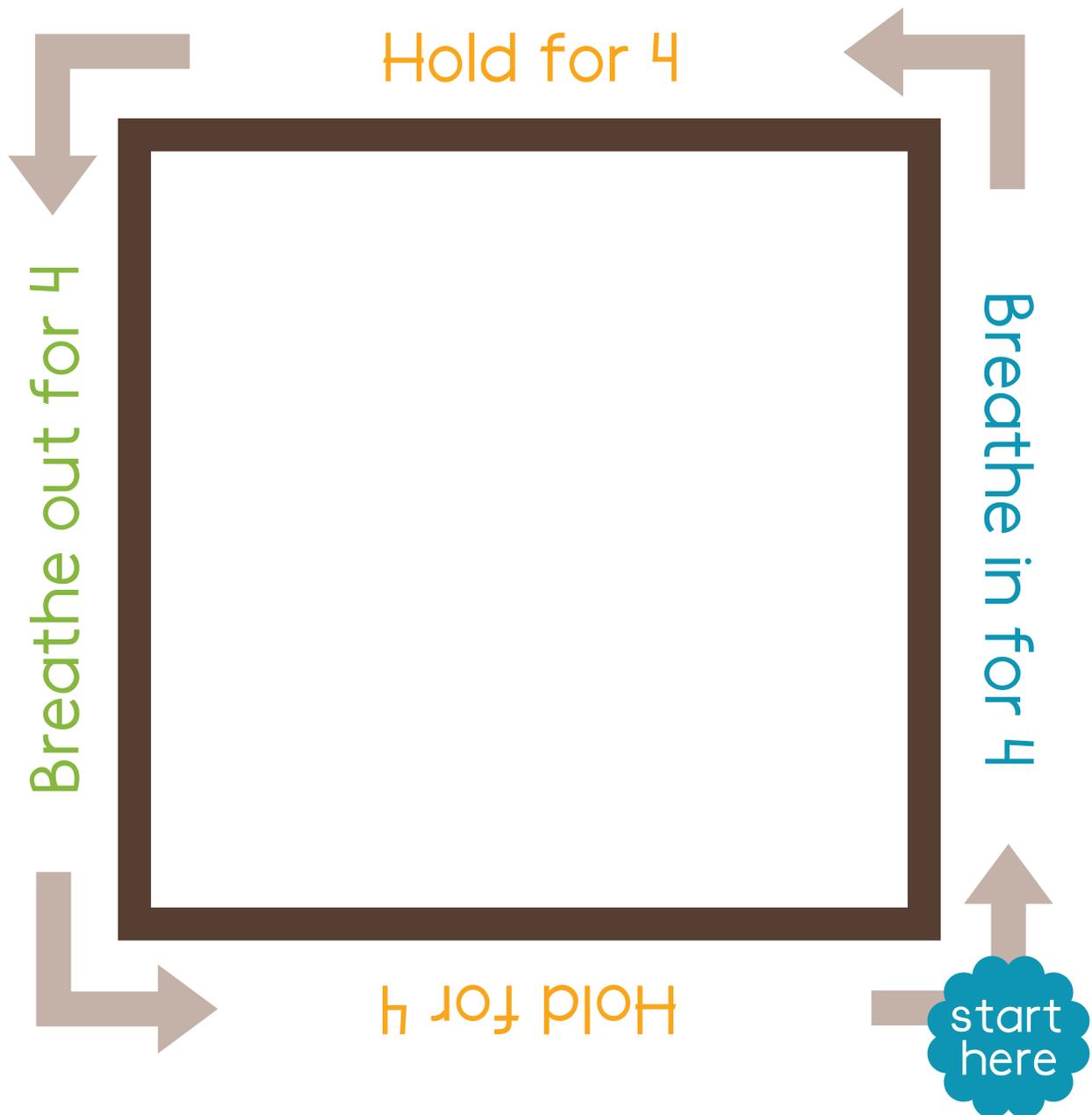


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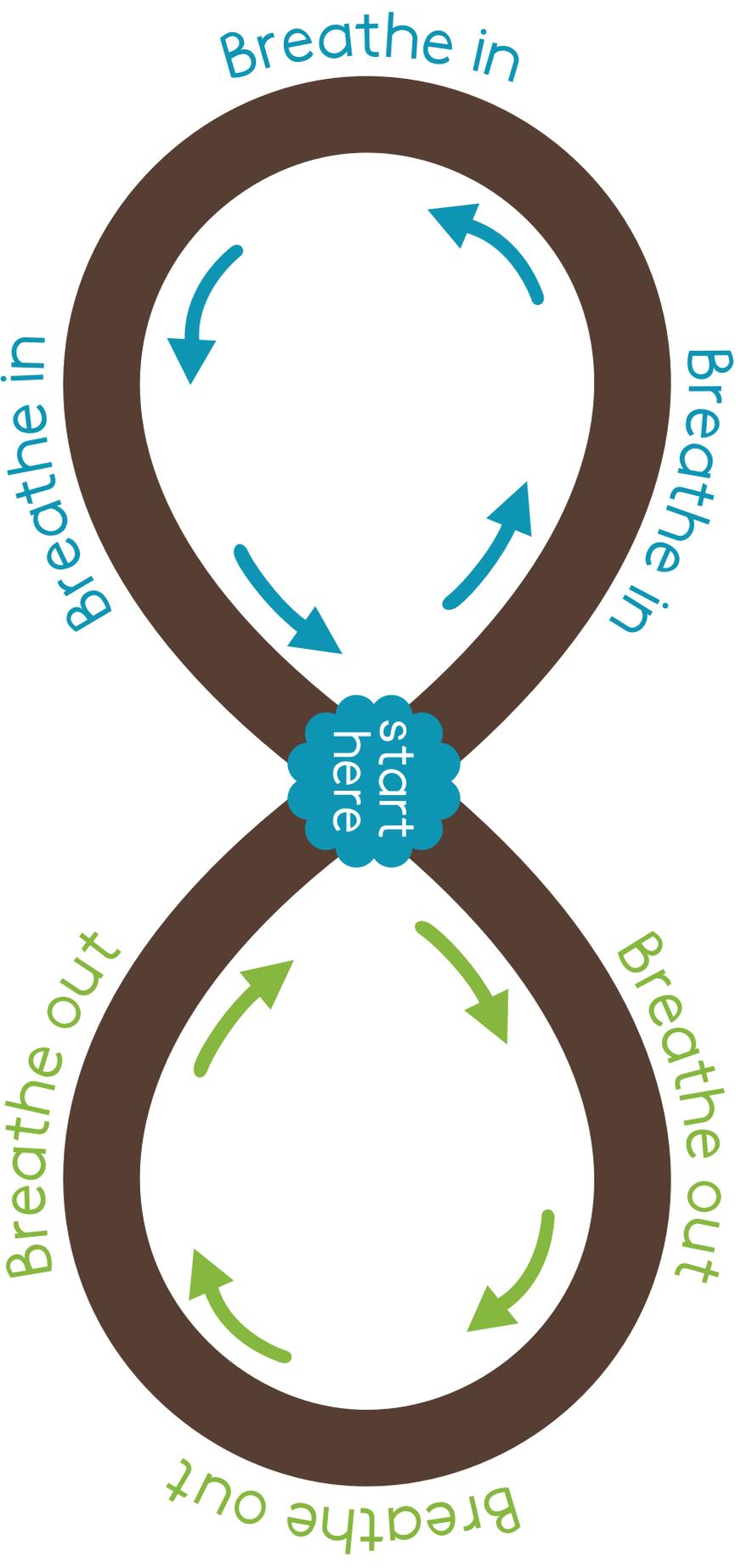
Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



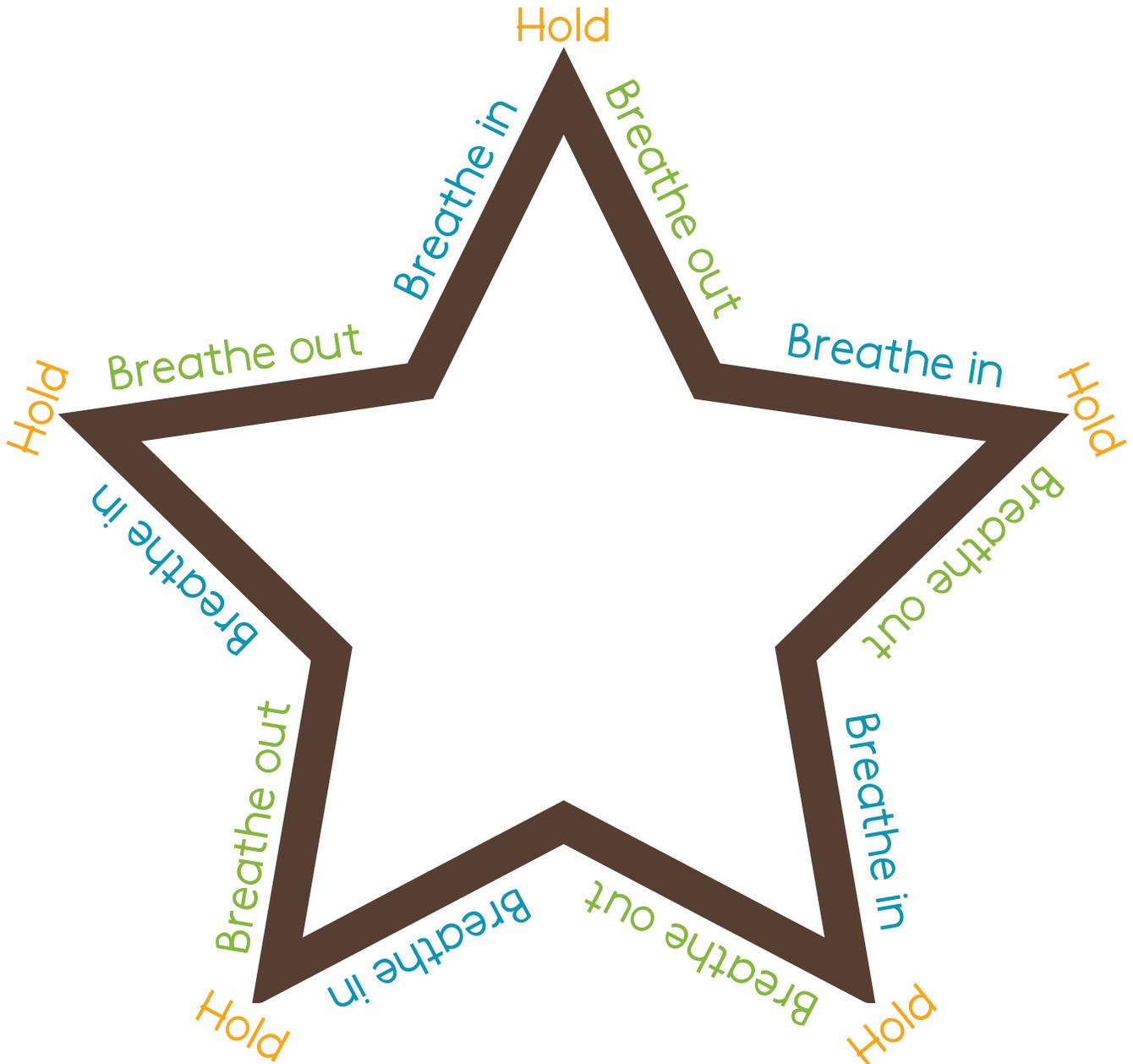
Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



Star Breathing

Start at any “Breathe in” side,
hold your breath at the point, then breathe out.
Keep going until you’ve gone around the whole star.



Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.

