



# BREATHING TECHNIQUES REFERENCE GUIDE



All 16 Ocean Zones Breathing Techniques with Counts



## BLUE ZONE - Manny the Manta Ray

Calm & Ready to Learn

### Manta Glide

(4-2-6)

Smooth gliding breaths for peaceful focus

### Jellyfish Float

(4-4-6)

Float gently with extended hold

### Deep Sea

(5-2-7)

Deep, calming ocean breaths

### Peaceful Wave

(4-2-6)

Gentle waves of calm breathing



## PURPLE ZONE - Shelly the Shell

Safe & Supported

### Shell Breath

(4-2-6)

Retreat into your safe shell

### Gentle Breathing

(3-2-5)

Soft, comforting breaths

### Driftwood Breath

(4-3-6)

Float peacefully like driftwood

### Comfort Breath

(5-2-7)

Deep breaths for comfort and safety



## YELLOW ZONE - Stella the Starfish

Energized & Joyful

### Bubble Breath

(2-2-4)

Blow sparkly bubbles with short bursts

### Sunshine Starfish

(3-1-5)

Breathe to all 5 points of your star

### **Celebration Breath**

**(4-1-6)**

Big breaths to celebrate happy feelings

### **Dancing Dolphin**

**(3-1-4)**

Jump and breathe with dolphin joy



## **RED ZONE - Crabby the Crab**

**Strong Feelings**

### **Stop Pressure Breath**

**(4-1-5)**

Release big pressure to stay in control

### **Boil Down Breath**

**(4-3-5)**

Cool down to a simmering boil

### **Storm Wave Breath**

**(5-2-7)**

Ride the storm waves until they settle

### **Anchor Drop Breath**

**(4-4-8)**

Drop your anchor to stay grounded

**Breath Count Format:** (Inhale - Hold - Exhale)

Example: (4-2-6) = Breathe IN for 4, HOLD for 2, Breathe OUT for 6

🐠 Practice these breaths daily to build your emotional regulation skills! 🐠