

# THE 4 FOUNDATION BREATHS

All breaths use the 4-2-5 pattern: Inhale 4 sec • Hold 2 sec • Exhale 5 sec

## ■ MANNY (Blue Zone)

### Manta Glide Breath

For: Tired, sad, low energy  
Motion: Arms glide wide like manta ray wings  
Effect: Gently energizing  
"Glide your arms like Manny"

## ■ STELLA (Green Zone)

### Sparkle Breath

For: Calm, focused, happy  
Motion: Arms spread wide, fingers sparkle outward  
Effect: Maintain calm focus  
"Sparkle your fingers like Stella"

## ■ SHELLY (Yellow Zone)

### Spiral Breath

For: Excited, anxious, wiggly  
Motion: Trace spiral on palm with finger, inward to center  
Effect: Slow excited energy  
"Spiral in like Shelly's shell"

## ■ CRABBY (Red Zone)

### Claw Reset Breath

For: Angry, frustrated, intense  
Motion: Make fists (claws), squeeze tight, then release  
Effect: Release tension safely  
"Squeeze your claws, let it go"

## ■ TEACHING TIPS

- Practice during CALM times, not crisis — can't learn new skills while dysregulated
- Model it yourself first — "Watch me do Manny's breath"
- Match breath to zone — Crabby needs Claw Reset, not Sparkle Breath
- Visual + verbal — demonstrate while explaining
- No forcing — "Try it with me" not "You have to do this"
- Celebrate attempts — "I saw you try Spiral Breath! Great job!"