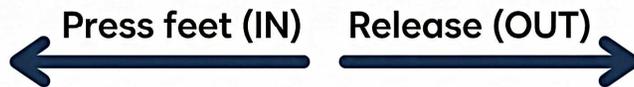
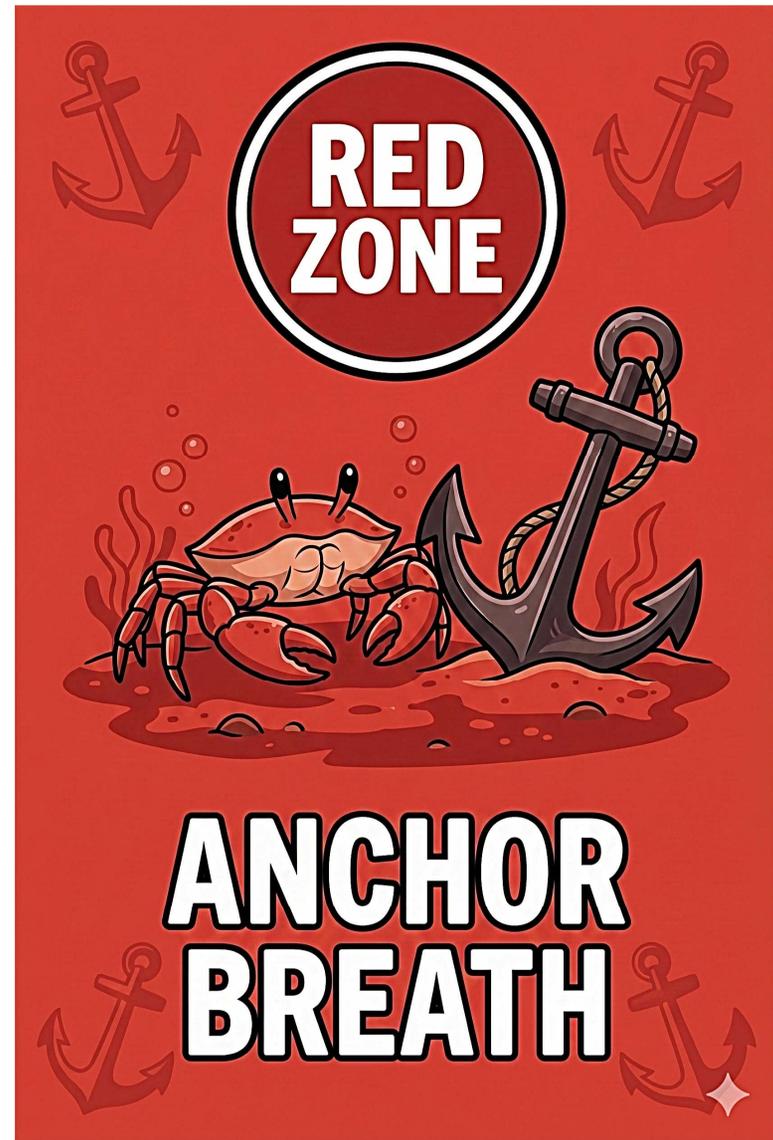
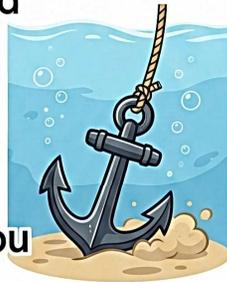


# ANCHOR BREATH



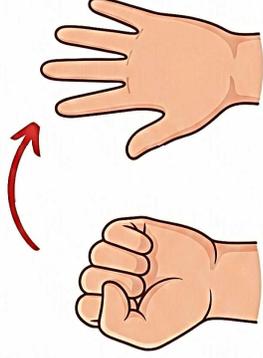
1. When feelings are stormy, we need an anchor
2. Press your feet **FIRMLY** into the ground
3. Breathe **IN** while pressing down hard
4. Now breathe **OUT** and release the pressure
5. Feel how steady and grounded you are
6. Your anchor keeps you steady in any storm



# CLAW RESET BREATH ★

## IN 4 - HOLD 2 - OUT 5

1. Make tight fists like crab claws
2. Breathe **IN** deeply through your nose (count 1-2-3-4) while squeezing fists tight
3. Hold the squeeze (count 1-2), squeeze as hard as you can
4. Breathe **OUT** slowly through your mouth (count 1-2-3-4-5) while opening hands completely
5. Shake out your hands and let all the tension go



**SQUEEZE**

**RELEASE**

**Repeat 3-5 times**

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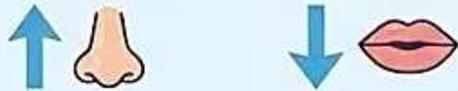
**RED  
ZONE**



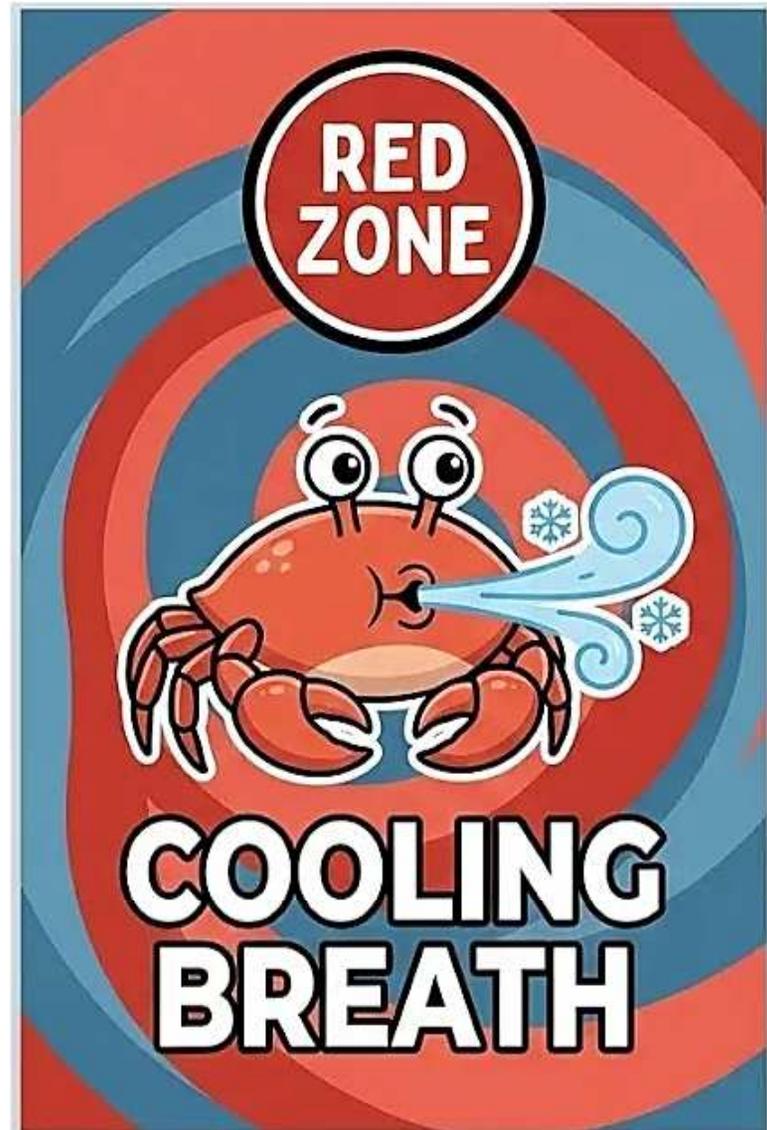
**CLAW RESET BREATH ★**

# COOLING BREATH

**IN 3** (nose) — **OUT 6-8** (cool lips)



1. When we're angry, our body feels **HOT**
2. Let's cool it down
3. Breathe **IN** through your nose (3 counts)
4. Round your lips like blowing on hot soup
5. Breathe **OUT** slowly—feel the cool air (6-8 counts)
6. Put your hand in front—feel how cool!



# STORM TO CALM BREATH



**FAST**  
(3 breaths)



**MEDIUM**  
(3 breaths)



**SLOW**  
(3 breaths)

1. Sometimes our feelings are like a **STORM**

2. Let's move from stormy to calm



3. First: 3 **STORMY** breaths—quick and big! Hah! Hah! Hah!

4. Now: 3 **MEDIUM** breaths... in... out...



5. Finally: 3 **SLOW** breaths... iiiiin... oooout...

6. Feel how you went from stormy to calm



# STORM TO CALM BREATH



# BUBBLE FLOAT BREATH

Slow IN - Slow OUT



1. Pretend you are inside a gentle, sparkly bubble at the bottom of the ocean
2. Breathe **IN** slowly through your nose to fill your bubble with air
3. Breathe **OUT** slowly through your mouth as your bubble floats up
4. Each breath makes your bubble float higher and feel a little lighter
5. Keep floating gently until you feel lighter too

Repeat 3-5 times

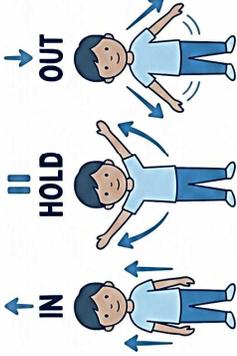
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# MANTA GLIDE BREATH ✨

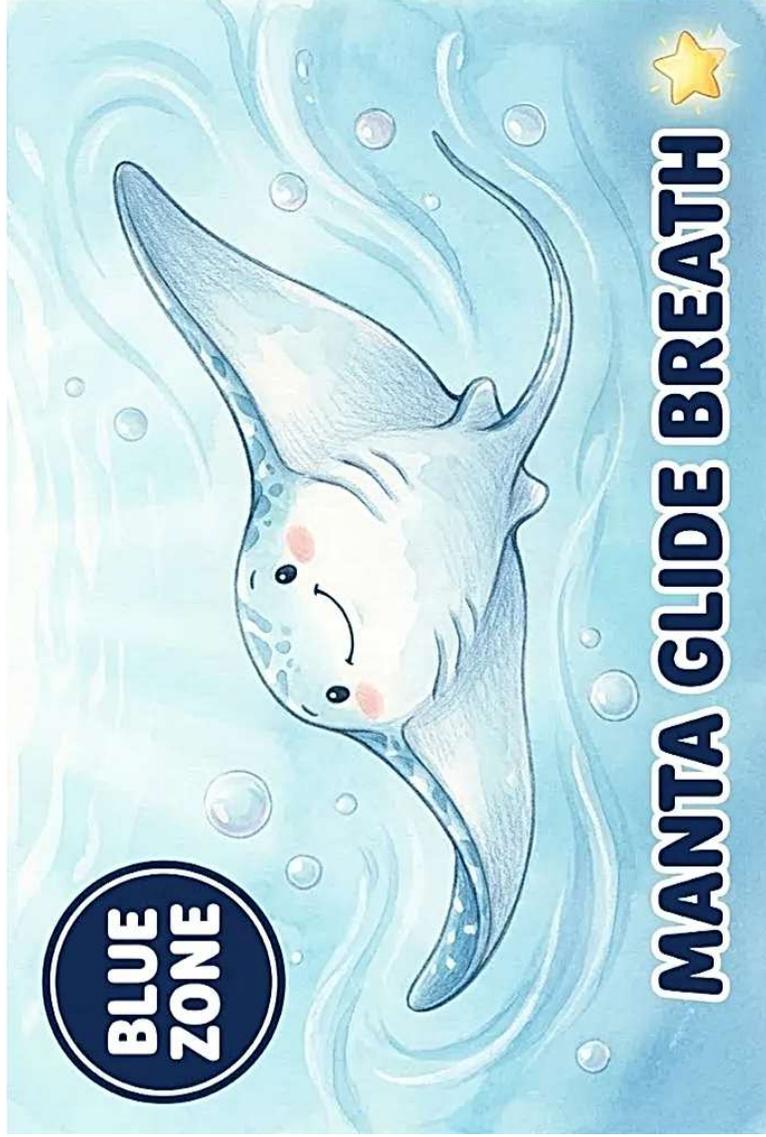
## IN 4 - HOLD 2 - OUT 5

1. Sit or stand with arms at your sides
2. Breathe IN slowly through your nose (count 1-2-3-4) while raising arms out like manta wings
3. Hold gently at the top (count 1-2)
4. Breathe OUT slowly through your mouth (count 1-2-3-4-5) while gliding arms back down
5. Glide smoothly like Manny swimming through calm water



**Repeat 3-5 times**

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# OCEAN WAVE BREATH

## IN 4 - OUT 6-8

1. Imagine watching ocean waves
2. Breathe **IN** as the wave rises (4 counts)
3. Breathe **OUT** as the wave falls (6-8 counts)
4. The exhale is always longer
5. Let your breath flow like gentle waves



Repeat 3-5 times

**BLUE  
ZONE**

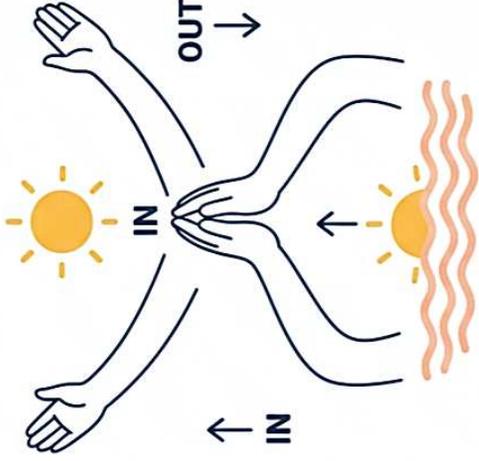


**OCEAN WAVE BREATH**

# SUNRISE BREATH

## Slow IN - Slow OUT

1. Start with your hands together low in front of your belly—the sun is still below the ocean
2. Breathe IN slowly as you raise your arms up and out—your sun is rising
3. Pause briefly at the top to notice the warm sun
4. Breathe OUT as your arms float gently back down
5. Repeat as your sunrise slowly wakes up your body



Repeat 3-5 times

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## SUNRISE BREATH

# BUBBLE BREATH

## Deep IN - Slow, controlled OUT

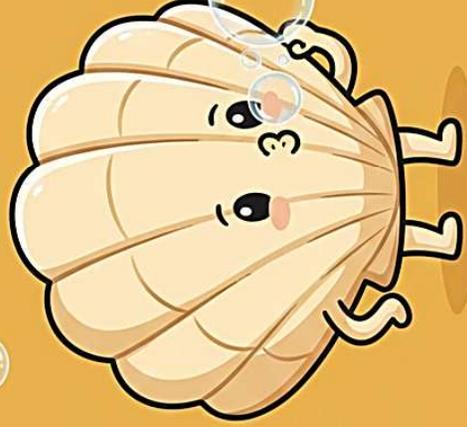
1. Pretend you have a wand
2. Take a deep breath IN through your nose
3. Purse your lips like you're blowing a bubble
4. Blow OUT slowly and steadily—not too hard or your bubbles pop!
5. Watch your beautiful bubbles float away, carrying your wiggly energy with them



**Repeat 3-5 times**

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**YELLOW  
ZONE**



# BUBBLE BREATH

# MELTING BREATH

Slow IN - Loong OUT

1. Sit or stand tall and take a slow breath IN
2. As you breathe OUT, imagine you are made of butter or ice cream
3. Let your shoulders drop and melt down
4. Let your arms get heavy and soft
5. Feel your whole body melting into your chair or the floor
6. Keep breathing and melting until all the wiggles are gone

TENSE



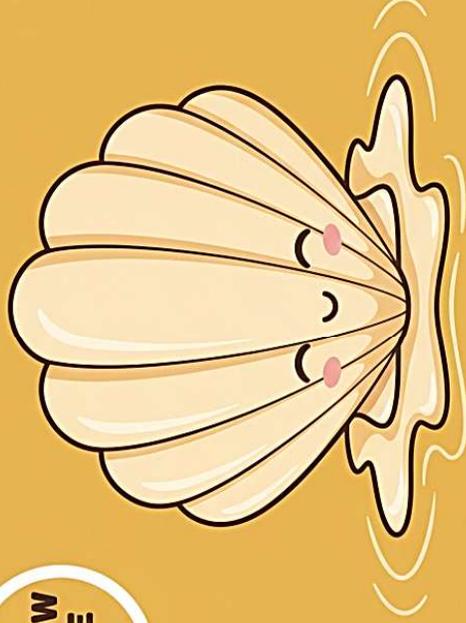
MELT



Repeat 3-5 times

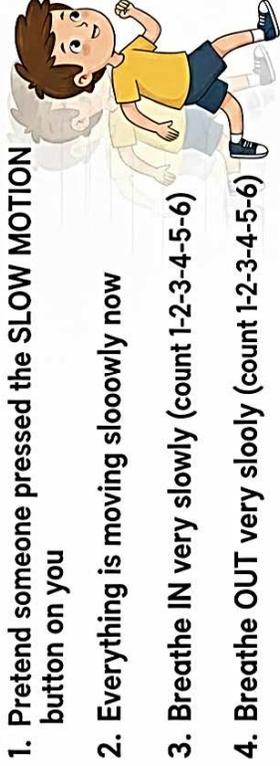
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YELLOW  
ZONE



# MELTING BREATH

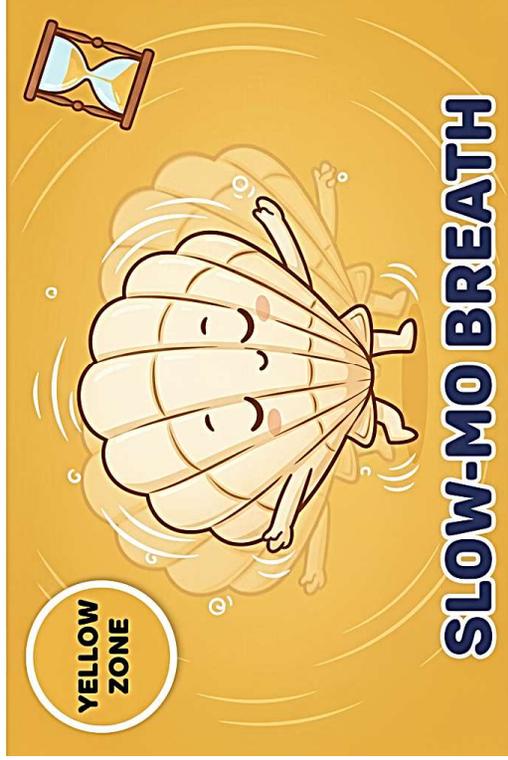
# SLOW-MO BREATH IN 6 - OUT 6



1. Pretend someone pressed the SLOW MOTION button on you
2. Everything is moving slooowly now
3. Breathe IN very slowly (count 1-2-3-4-5-6)
4. Breathe OUT very slooly (count 1-2-3-4-5-6)
5. Move your arms in slow motion if you want
6. Keep going until your whole body feels slow and calm

**Repeat 3-5 times**

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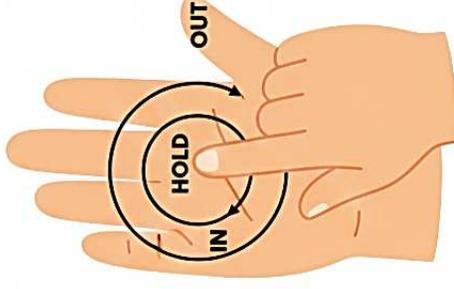


# SLOW-MO BREATH

# SPIRAL BREATH

## IN 4 - HOLD 2 - OUT 5

1. Hold one hand out in front you like a little seashell
2. Breathe IN (count 1-2-3-4) while tracing a spiral INWARD on your palm
3. Pause gently at the center (count 1-2)
4. Breathe OUT at 1-2-3-4-5) no tracing the spiral back OTWARD
5. Feel your energy settle like Shelly in Shelly in her shell



**Repeat 3-5 times**

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**YELLOW  
ZONE**



# SPIRAL BREATH

# BELLY BREATH

**IN 4 — OUT 5** (hands on belly)

1. Put BOTH hands on your belly
2. Breathe IN and push your belly OUT
3. Make your hands move!
4. Breathe OUT and pull belly IN
5. Your chest stays still—only belly moves



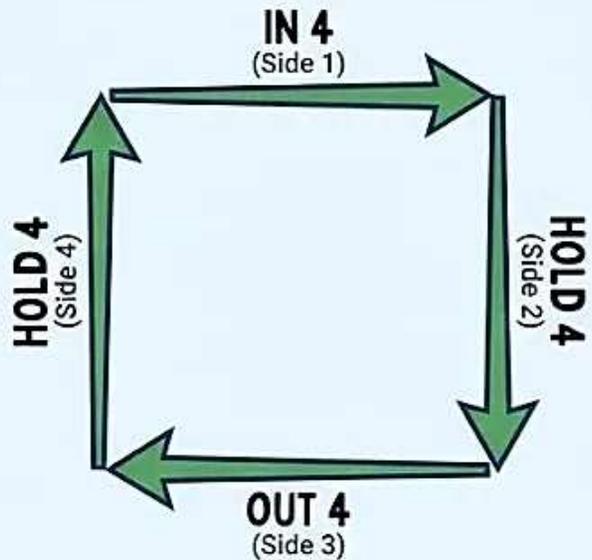
**Repeat 3-5 Times**



Stella

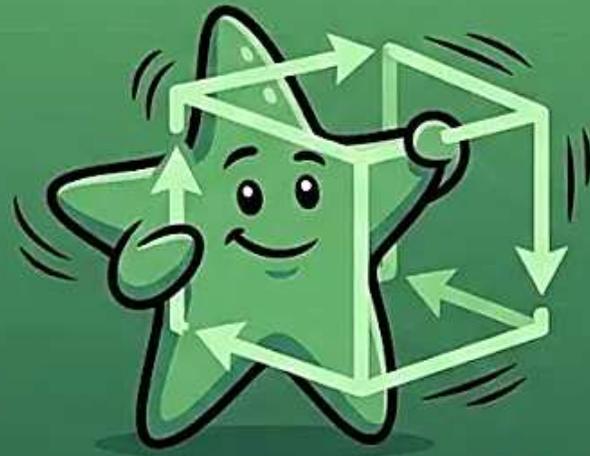
**BELLY BREATH**

# BOX BREATH



1. We're drawing a box with our breath
2. Breathe **IN** for 4 counts (side 1)
3. **HOLD** for 4 counts (side 2)
4. Breathe **OUT** for 4 counts (side 3)
5. **HOLD** for 4 counts (side 4)
6. You completed the box! Start again

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# BOX BREATH

# SHELL LISTENING BREATH



1. Cup your hands over your ears like a seashell
2. Breathe IN slowly through your nose
3. Breathe OUT slowly through your mouth
4. Listen! Can you hear the ocean?
5. That whooshing sound is YOUR breath
6. Keep listening as you breathe slowly

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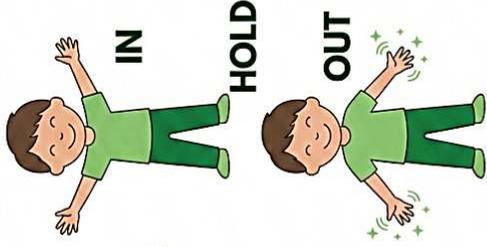
**GREEN ZONE**



**SHELL LISTENING  
BREATH**

## SPARKLE BREATH ✨ IN 4 - HOLD 2 - OUT 5

1. Sit or stand tall with arms relaxed at your sides
2. Breathe **IN** deeply through your nose (count 1-2-3-4) while spreading arms out wide like a starfish
3. Hold gently (count 1-2), staying big and bright
4. Breathe **OUT** slowly through your mouth (count 1-2-3-4-5) while wiggling sparkle fingers as arms float down
5. Shine bright like Stella the Starfish



**Repeat 3-5 times**

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**GREEN  
ZONE**



# SPARKLE BREATH ✨