

Manny's Manta Glide (Blue Zone)

When to use:

When you feel tired, droopy, or low energy.

- Stretch your arms out wide like manta wings.
- Breathe in through your nose as your wings lift up.
- Breathe out through your mouth as your wings glide down.
- Move slowly, like you're gliding through the ocean.

Let's glide like Manny together. In as the wings lift... out as they glide down.

Stella's Sparkle Breath (Green Zone)

When to use:

When you want to feel calm, focused, and ready.

- Hold your hands in front of you like they're full of sparkles.
- Breathe in through your nose and gather calm sparkles.
- Breathe out slowly and wiggle your fingers, sprinkling sparkles.
- Notice how your body feels "just right" after a few sparkle breaths.

**Let's sprinkle calm sparkles together.
In... and sparkle them out.**

Shelly's Spiral Breath (Yellow Zone)

When to use:

When you feel wiggly, buzzy, excited, or worried.

- Use one finger to trace a spiral on your hand or in the air.
- Breathe in through your nose for 4 as you trace the spiral inward.
- Hold your breath for 2 at the center.
- Breathe out through your mouth for 5 as you trace the spiral outward.

**In 2-3-4... hold 1-2... out 2-3-4-5 with
Shelly's spiral.**

Crabby's Claw Reset (Red Zone)

When to use:

When you feel hot, tight, mad, or ready to explode.

- Make tight crab claws with your hands and squeeze your muscles.
- Breathe in through your nose while you squeeze and count to 3.
- Open your claws, drop your shoulders, and breathe out through your mouth.
- Feel your hands and shoulders get softer each time you let go.

Squeeze the crab claws... now let them go. In... and let it out.