Mindfulness Breathing Strategies

- **Five Finger Breath**: Use your index finger to trace the fingers on your opposite hand. Slowly inhale as you trace up each finger and exhale as you trace down each finger.
- **Anchor Breath**: Place your hand(s) on your heart or chest and notice your breath moving through you. Your breath can be an anchor to bring your attention back to the present moment. Move your hand(s) to your abdomen and notice your breath moving through your body from this location. You could also choose to have one hand on your heart and one hand on your abdomen as you breathe.
- **Rainbow Breath**: Put your arms out by the sides of your body and inhale as you raise your arms up, making the arc of rainbow. Pause and hold your hands up over your head. Slowly move your arms back down and paint the arc of the rainbow. You can visualize the colors of the rainbow as you paint it.
- **Counting Breaths**: Count 1 as you inhale and 2 as you exhale. See if you can repeat this and count up to 6, 8, or 10.
- **Hugging Breath**: Open your arms up wide as you inhale and then give yourself a hug as you exhale.
- **Flower breath**: Imagine smelling a beautiful flower, breathe in through the nose and out the mouth, say “ahh” and drop shoulders on the exhale releasing any tension.
- **Snake Breath**: Take a long deep inhale through the nose, and breathe out the mouth on a hissing sound, slow and long. Put your hands together and slither them like a snake on the exhale.
- **Bunny Breath**: Just 3 quick sniffs in the nose and one long exhale out the mouth.
- **Tense and release**: On the inhale tense up every inch of your body and on the exhale release your tension. Repeat a few times.
- **Belly Breath**: Put your hand, or stuffed animal, on your belly as you lay down. Take slow, deep breaths that will make your belly rise and fall. In your nose and out your mouth.
- **Volcano breath**: Stand up, rub your hands together like they are the hot lava, with your hands together take a super deep breath through your nose as you raise your hands together (in prayer like position), hold in your breath for a few seconds, then as you exhale through your mouth let your hands fall down to your sides.
- **Pretzel hug**: Cross legs, put both thumbs up, then both thumbs down, cross arms over one another upside down and lock fingers (like prayer hands), twist in arms towards chest, hold arms/hands in tight like a hug and take a few deep breaths in this position.