

Mindful Breathing Printable Cards



Pair this activity set with AFHK's Mindful Breathing.

<https://www.actionforhealthykids.org/activity/mindful-breathing-exercises/>

Print these mindful breathing cards for use at home or in the classroom.

Recommended for PreK-5th



Breathe Upon a Star

Spread your palm out like a star.

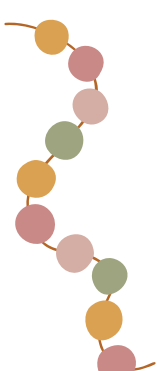
Trace the outline of your hand with the index finger (pointer finger) on your other hand.

Inhale, trace up from the tip of your wrist to the tip of your thumb.

Exhale, trace down the other side of your thumb.

Repeat – tracing up as you inhale, tracing down as you exhale.

Then repeat on the other hand.



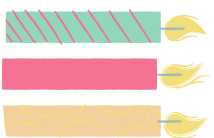
Follow the Bead

Imagine a bead on a string. What color is it? What is it made of? What shape is it?

Now imagine the string. What color is it? What is it made of? The string now begins to make a shape – any shape. What shape is it?

As you inhale, watch the bead move along the string and as you exhale, follow the bead back to where it began.

Repeat.



Blow Out the Candles

Spread your palm out in front of you. Pretend each finger is a birthday candle.

Inhale a deep breath and with a slow exhale, blow out the birthday candles one by one – slowly lowering one finger down at a time while you exhale.

Repeat on the other hand.



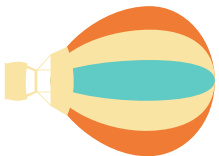
Bumble Bee Breath

Imagine you are a buzzing bumble bee.

Inhale a deep breath in through the nose.

With a slow exhale, hum or buzz like a bee. Cup your palms around your ears to amplify the comforting sound and vibration.

Repeat.

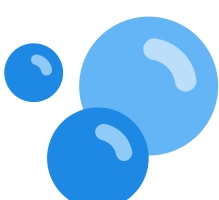


Hot Air Balloon

Begin by cupping your hands around your mouth.

Take a deep breath in through your nose and slowly start to blow out through your mouth, growing your hands outwards in time with your exhale as if you are blowing up an enormous hot air balloon.

Repeat.



Bubble Breathing

Imagine you are holding a bubble wand.

Take a deep breath in through your nose and slowly start to blow out through your mouth, as if you are blowing up an enormous bubble. Careful and slowly - don't let it pop!

Repeat.