

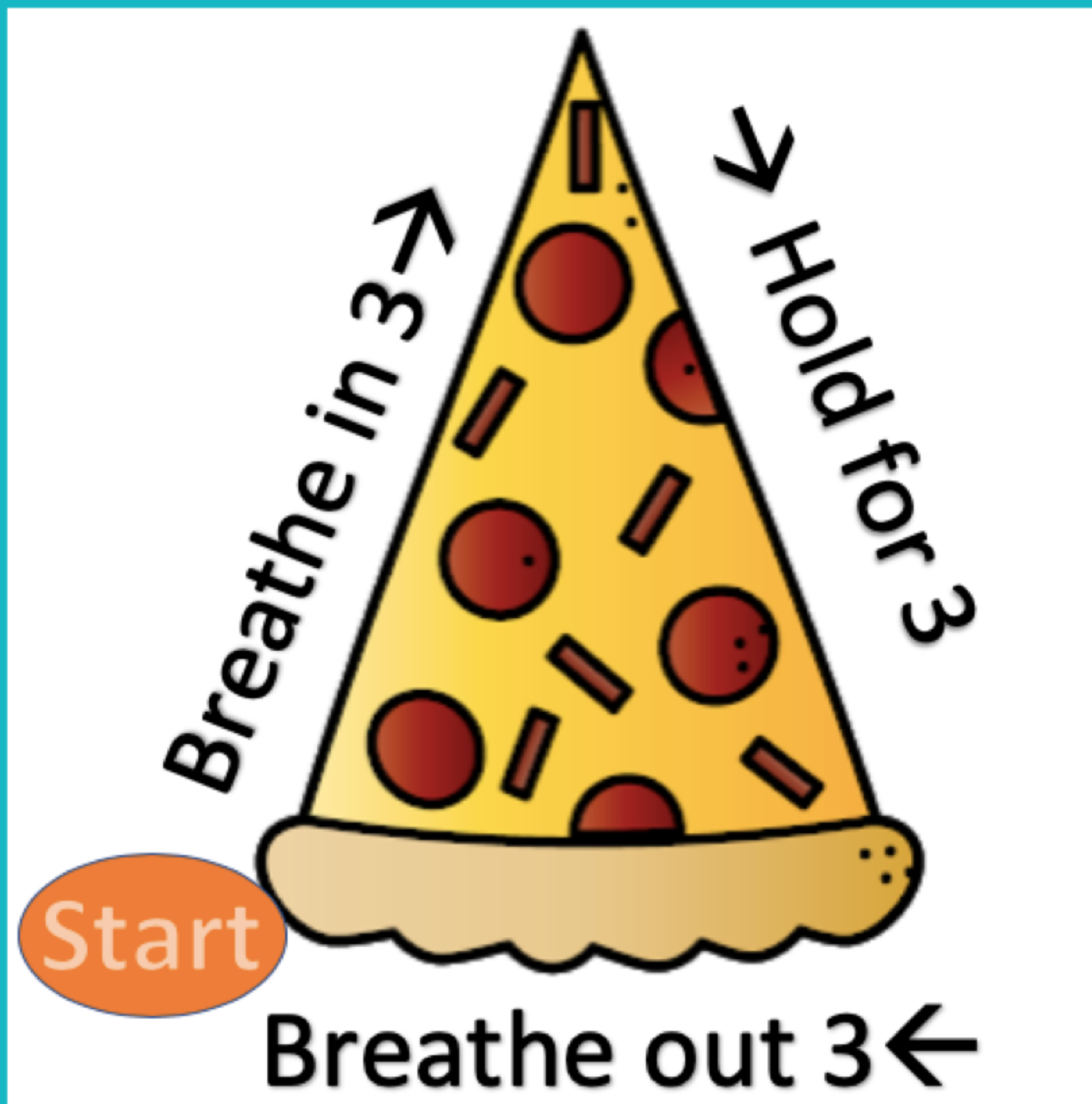
Breathe with the Shapes.



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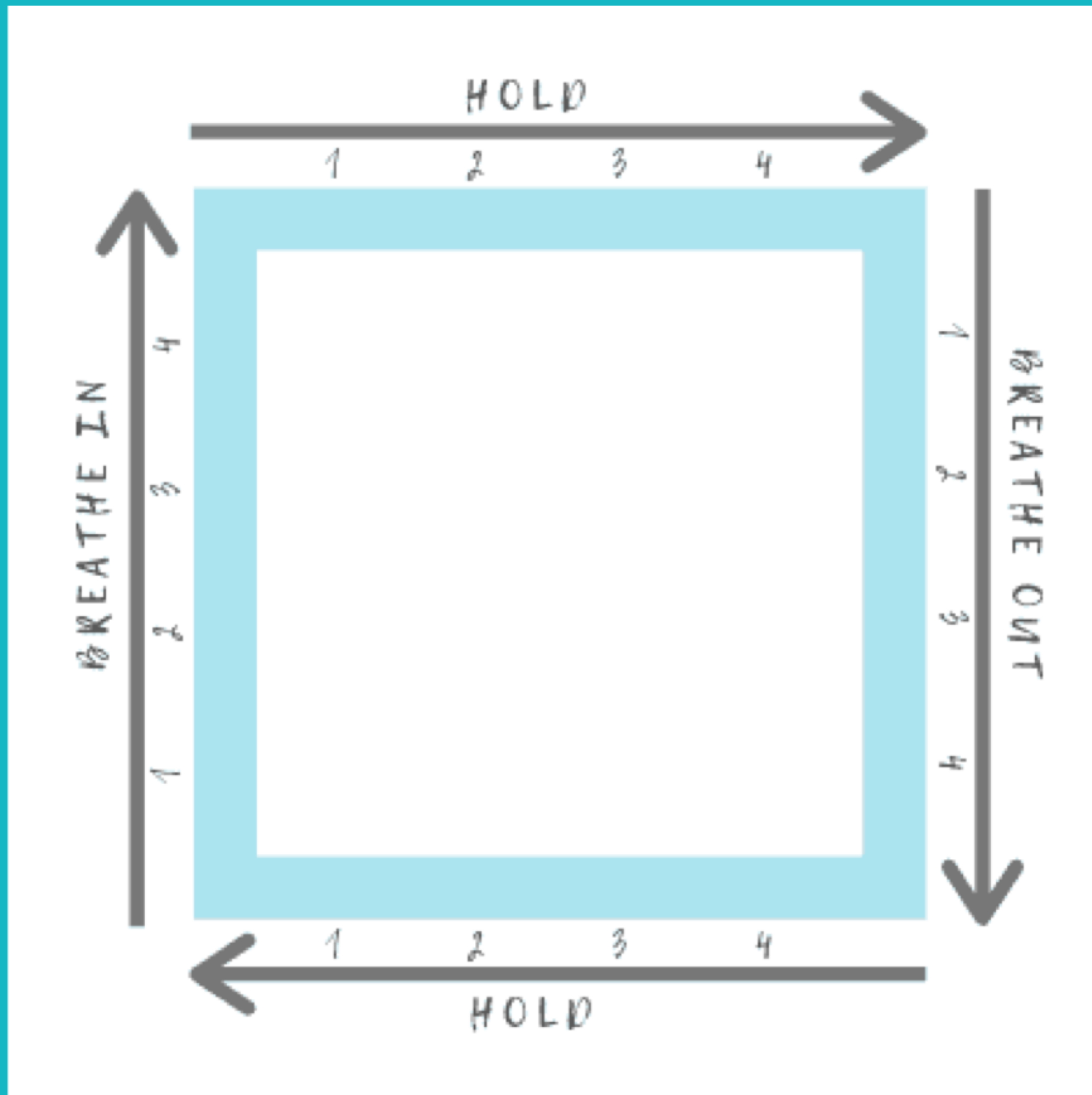


Triangle Breathing



1. Start at the bottom left of the triangle (a slice of pizza looks like a triangle!)
2. Follow the sides around the whole triangle to complete one deep breath.

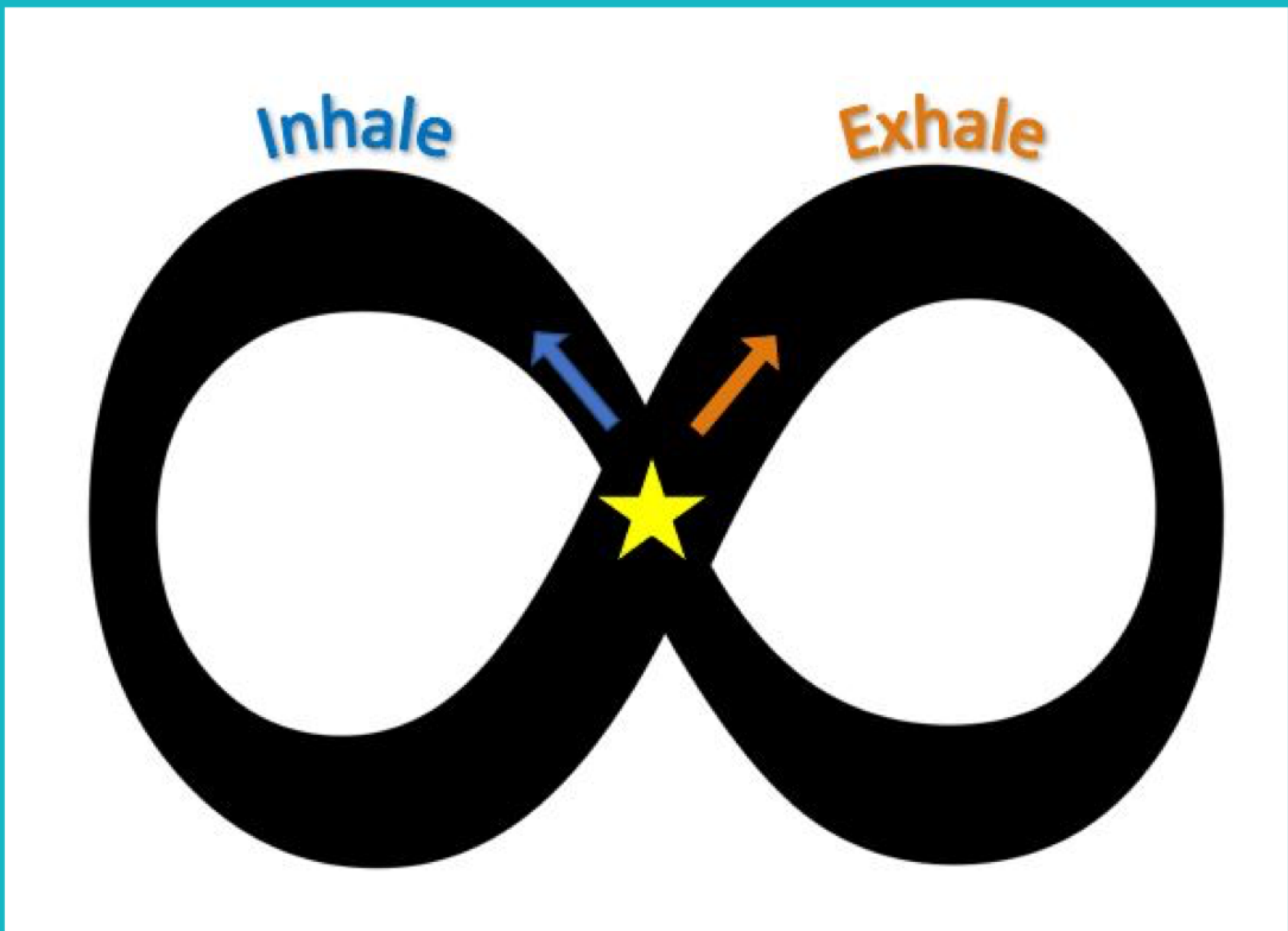
Box Breathing



1. Draw a Box
2. Breathing in count to 4
3. Hold your breath count to 4
4. Breathing out count to 4
5. Hold your breath count to 4
6. Repeat 4 times! (From 2-5)

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Lazy 8 Breathing



1. Draw a Number 8 sideways
2. Start at the star and go to the left and trace the left part of the 8 with your finger while you BREATHE IN
3. When you get to the middle of the 8 again, BREATHE OUT while you trace out the right part of the 8

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Star Breathing



1. Draw a star
2. Choose a starting point in the star
3. Trace your finger over the “Breathe in” side of the point
4. Keep breathing IN and OUT
5. Repeat as many times as you want

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