

BREATHING VISUALS

Posters & Cards

Mindfulness
Emotional Regulation
Calming Strategies

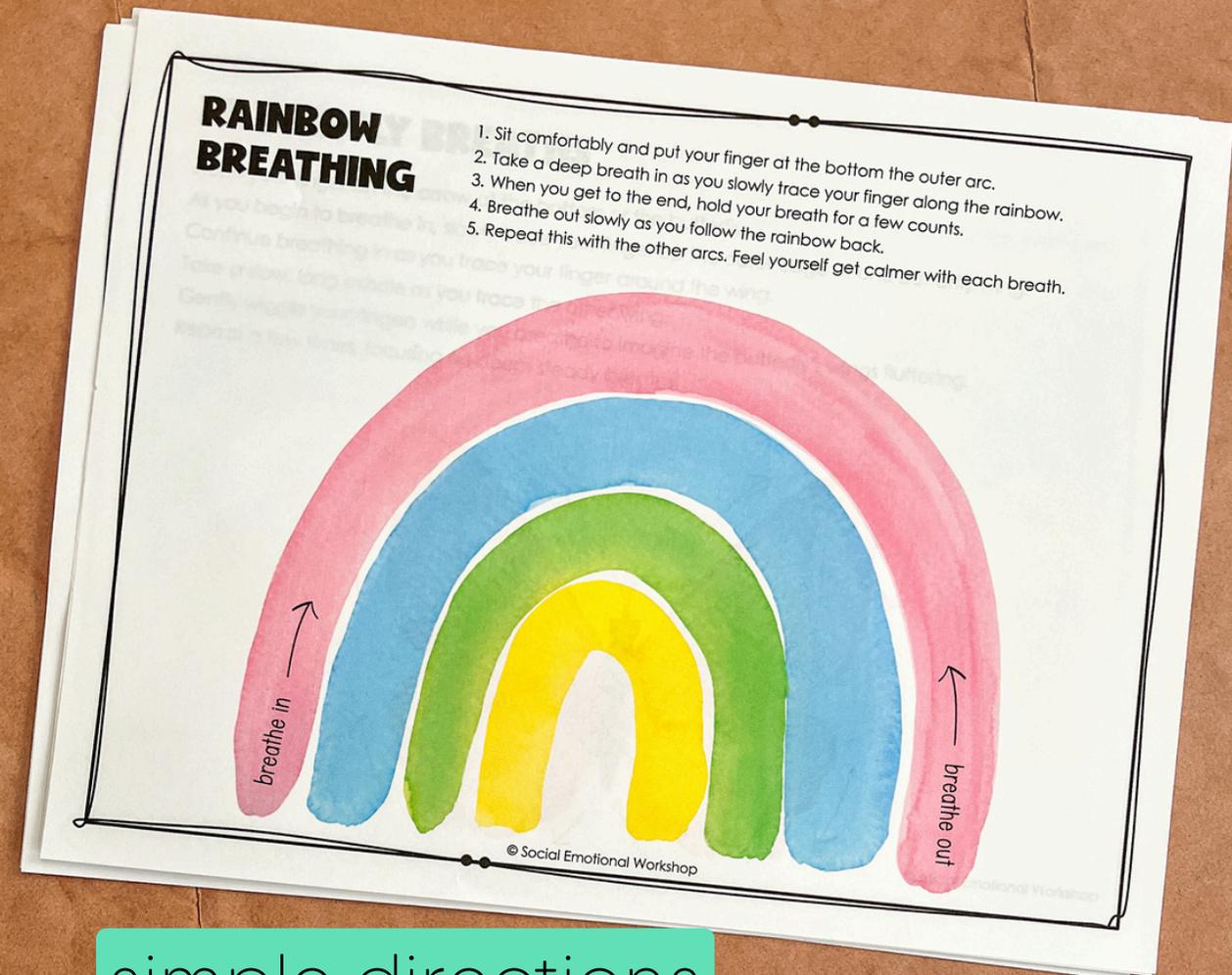


Research Informed

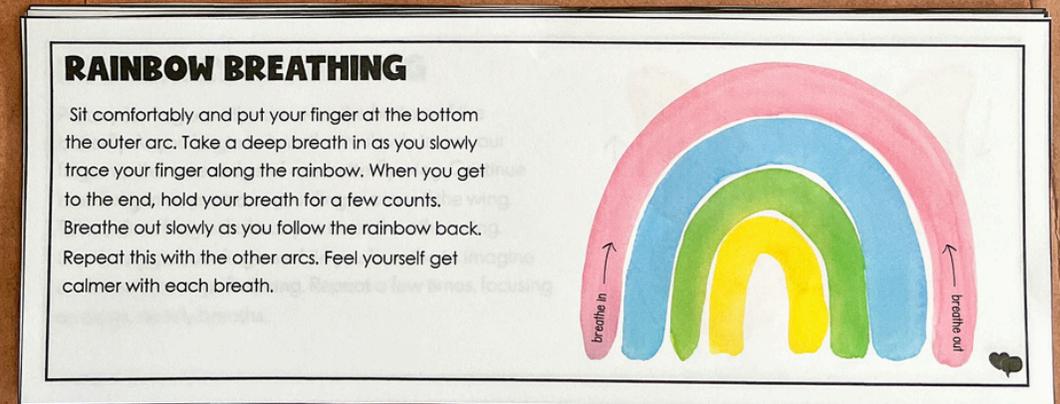
deep breathing is a evidence based practice to help reduce stress, calm the nervous system, and increase focus.

Engaging

colorful, familiar visuals to support students in K-8



simple directions



What's Included

10 breathing visuals

- Infinity
- Square
- Circle
- Oval
- Triangle
- Star
- Rainbow
- Butterfly
- Flower
- Wind

poster



card

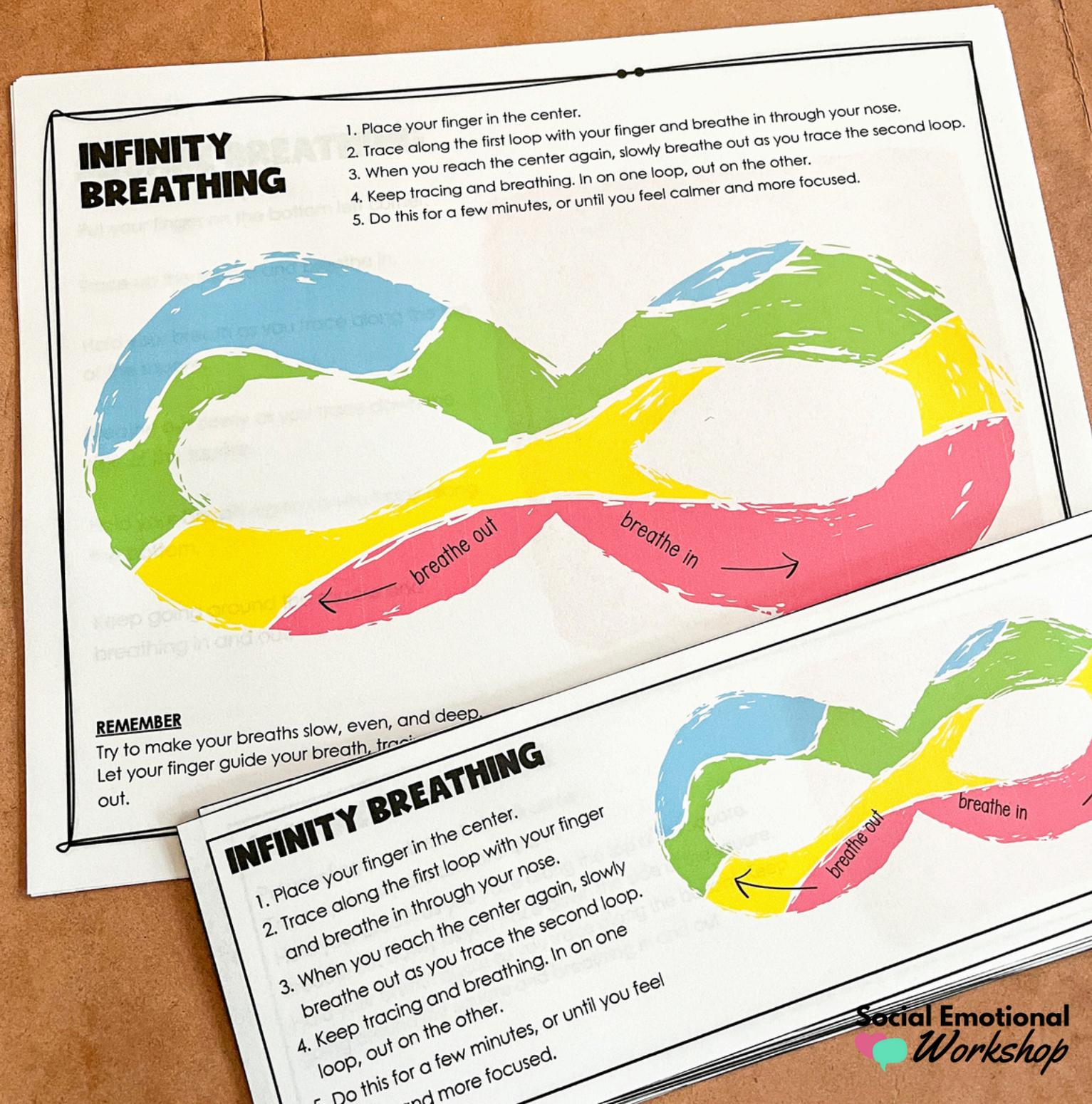


Easy to Use

Spend less time prepping and more time helping students with ready-made breathing exercises.

Versatile

Use in calm corners, in SEL lessons or with individual students.

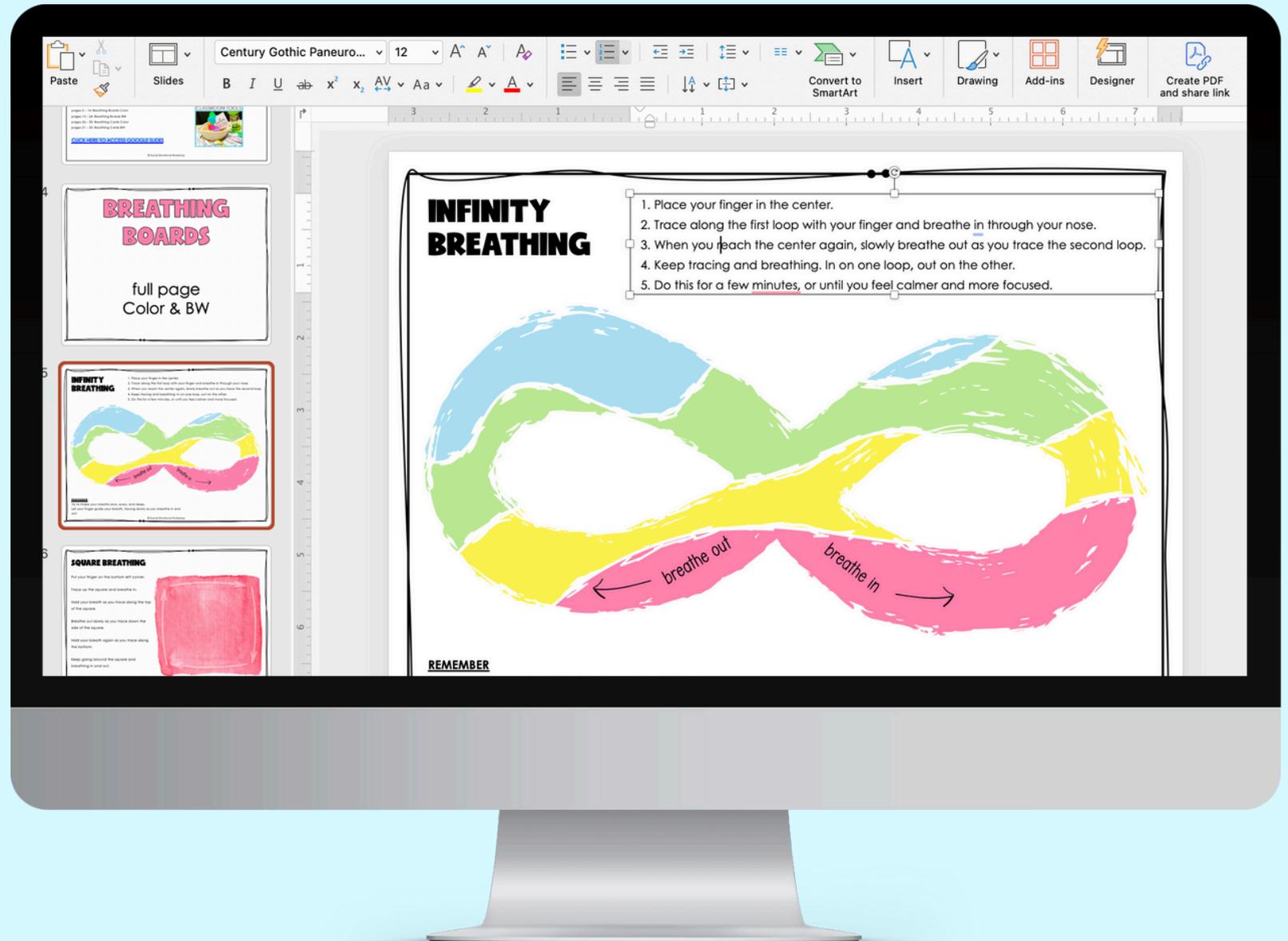


Editable

PowerPoint file included so you can adjust the directions.

Display

Use PowerPoint or Google Slides to project the breathing boards



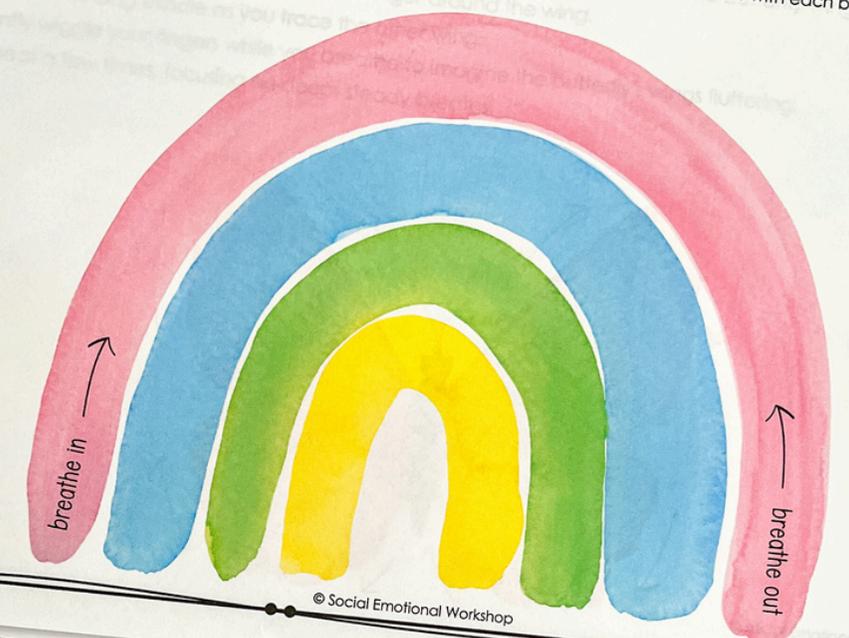


When to Use

- Brain Breaks
- Morning Meetings
- During Test Prep
- Transitions
- Mindfulness Practice
- Calm Corners
- Counseling Sessions

RAINBOW BREATHING

1. Sit comfortably and put your finger at the bottom the outer arc.
2. Take a deep breath in as you slowly trace your finger along the rainbow.
3. When you get to the end, hold your breath for a few counts.
4. Breathe out slowly as you follow the rainbow back.
5. Repeat this with the other arcs. Feel yourself get calmer with each breath.



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PDF, PowerPoint,
Google Slides



Color and blackline



Best for grades 2 to 8



Use with whole group,
small group, & individuals

YOU MIGHT LIKE

Spring Mindful Breathing
and Coloring Activities



Calm Corner Bundle



Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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