SEL · MINDFULNESS AND CALMING · GRADES K–3

Animal Breathing Cards

Four calming breaths to try: lion breath, bee breath, elephant breath and teddy bear belly breathing.



Name: _____ **Date:** _____



Lion Breath

Breathe in through your nose. Open your mouth wide, stick out your tongue and breathe out with a big "haaa!"

☐ I tried it ☐ 3 times



Bee Breath

Breathe in through your nose. Close your mouth and hum like a bee, "mmmm," as you breathe out slowly.

☐ I tried it ☐ 3 times



Elephant Breath

Stand up. Breathe in and lift your arms high like a trunk. Breathe out and swing your arms down low.

☐ I tried it ☐ 3 times



Teddy Bear Belly Breath

Lie down with a teddy bear on your belly. Breathe in and watch it rise. Breathe out and watch it fall.

☐ I tried it ☐ 3 times

The breath that helped me feel the calmest: _____

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