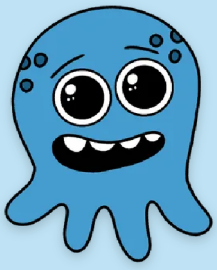
SPECIAL EDUCATION · K–5TH GRADE · CALM DOWN · 1 OF 5

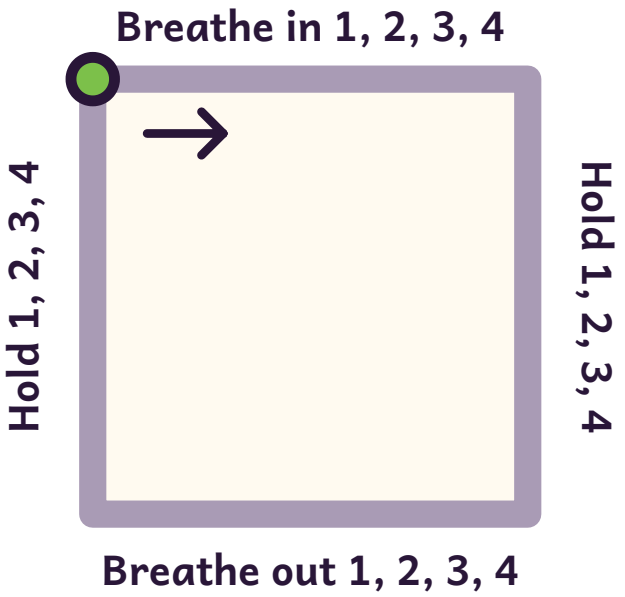
Square and Star Breathing

Trace the shape with your finger. Breathe in and out as the words say.

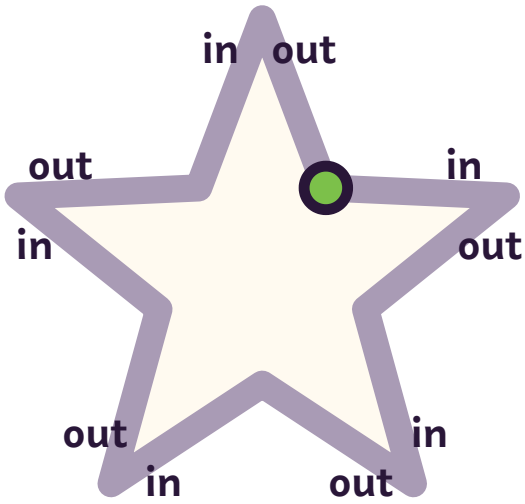
Name: _____ **Date:** _____



Square breathing



Star breathing



After my breathing, I feel...



Go slowly. Count to 4 on each side of the square. On the star, breathe in going up and out going down.

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