

Trace & Breathe



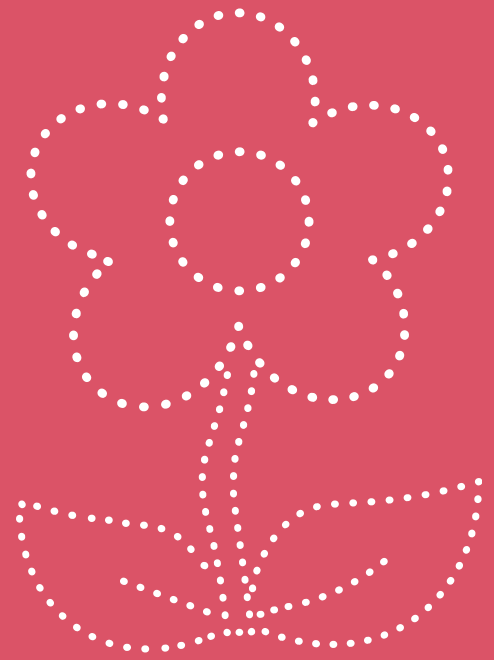
Use your finger to trace each arch of the rainbow, breathing in and breathing out.

For an added mindful moment, as you trace each arch speak a positive affirmation either out loud or to yourself.

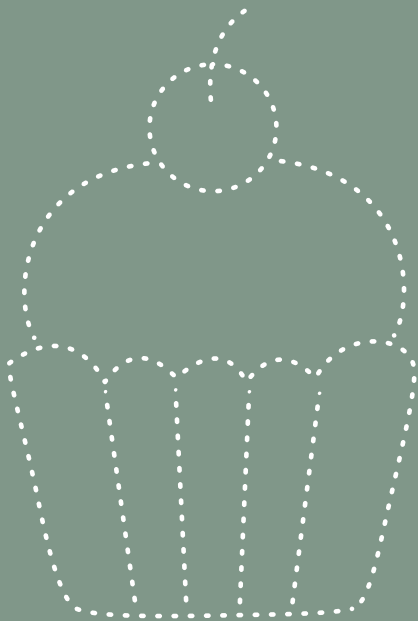
This rainbow has unlimited possibilities!



As you are tracing this bumblebee with your finger, take a few deep breaths in and out.



As you are tracing this flower with your finger, feel your muscles relax and your body calm.



As you are tracing this cupcake with your finger, feel control and calm take over while you slowly count to 10

Print out this page, cut it into quarters, make copies and share with the class!

Idea: Save these cutouts and when your students need a mindful moment, hand them one of these cards for a quick moment to help them calm their mind.

TAKE 5 BREATHING

