

Mindful Moment

Rainbow Breathing



Trace the rainbow from one side to the other.
Breathe in as you trace up.
Breathe out as you trace down.
Repeat with each color of the rainbow
until you feel calm and grounded.

Mindful Moment

Star Breathing



Can you trace the star with your finger
as you breathe in and out?

Mindful Moment

Bumblebee Breathing



Sit comfortably with your legs crossed.

Breathe in slowly through your nose for 4 seconds.

Hold your breathe for 4 seconds.

As you breathe out, make a bee buzzing or humming sound.
The comforting vibration of this exercise has a calming effect.

Repeat the bumble bee breathing until you are calm and relaxed.