Deep Breathing Printables

Sometimes you need a little more structure and playfulness around how to take a deep breath.

Using shapes is an easy way to keep track of breaths in and out. You can use your finger to trace the shape so you know where you are in your breathing.

Try each and see how they work for you!

For more coping skills resources and products, visit www.copingskillsforkids.com
Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

Hold for 4

Hold for 4

Breathe in for 4

Breathe out for 4

Start here
Lazy 8 Breathing

1. Start with your finger.
2. Starting on the right side of the 8, bring your finger to the middle of the 8 while breathing out.
3. When you get to the middle of the 8, breathe in and bring your finger up to the middle of the 8.
4. Breathe out while tracing the top of the 8.
5. While breathing in, bring your finger to the middle of the 8.
6. While breathing out, trace the bottom of the 8.
7. Repeat steps 2-6 until you feel relaxed.

www.copingskillsforkids.com
Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you’ve gone around the whole star.
Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.

Breathe in for 3

Hold for 3

Breathe out for 3