

## Bumble Bee Breathing



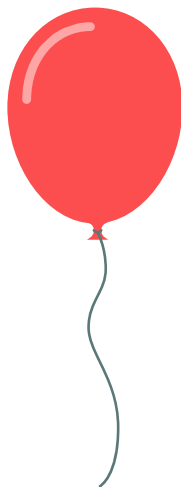
Get into a comfortable position and breathe in deeply through your nose. Then, breathe out and make a buzzing sound like a bee. Pretend that you are calmly flying from flower to flower and repeat this breathing exercise until you feel calm and regulated.

## Snake Breathing



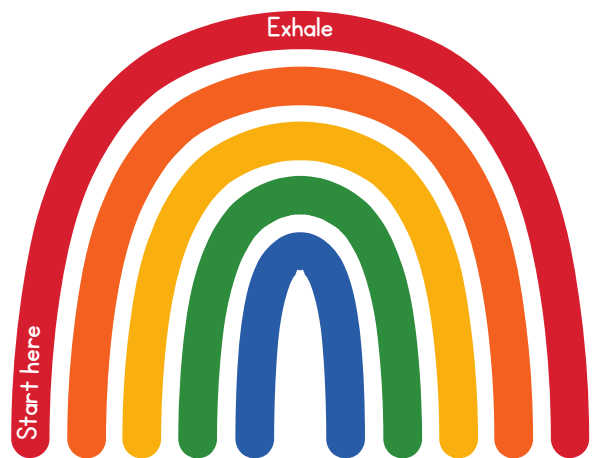
Take a deep breath in through your nose, then slowly exhale through your mouth while making a hissing sound like a snake. Pretend that you are calmly slithering through a garden and repeat this breathing exercise until you feel calm and regulated.

## Balloon Breathing



Interlock your fingers and place them on your head. As you take a deep breath in, raise your hands above your head to show the "balloon" filling. Once full, slowly exhale to shrink the "balloon." Fill and deflate the "balloon" as many times as needed until you feel calm and regulated.

## Rainbow Breathing



Start by placing your finger on the bottom left of the red line. Slowly inhale as you trace the red line to the top of the rainbow, then slowly exhale as you continue to trace the red line down to the bottom of the right side. Repeat this exercise with each color until you feel calm and regulated.