

Imagining Box Breaths

Directions: We are going to trace the box below with our fingers, using a “box breath!” Starting at the top left side of the square, breathe in for 4 counts (you can count in your mind and not out loud) and trace your finger along the arrow. Now, keep going! Trace your finger down the side, holding your breath for 4 counts. Trace your finger at the bottom on the third side, letting your breath go for 4 counts. Finally, trace your finger on the fourth side, holding your breath for 4 counts.

You did it! Repeat up to 4 times.

