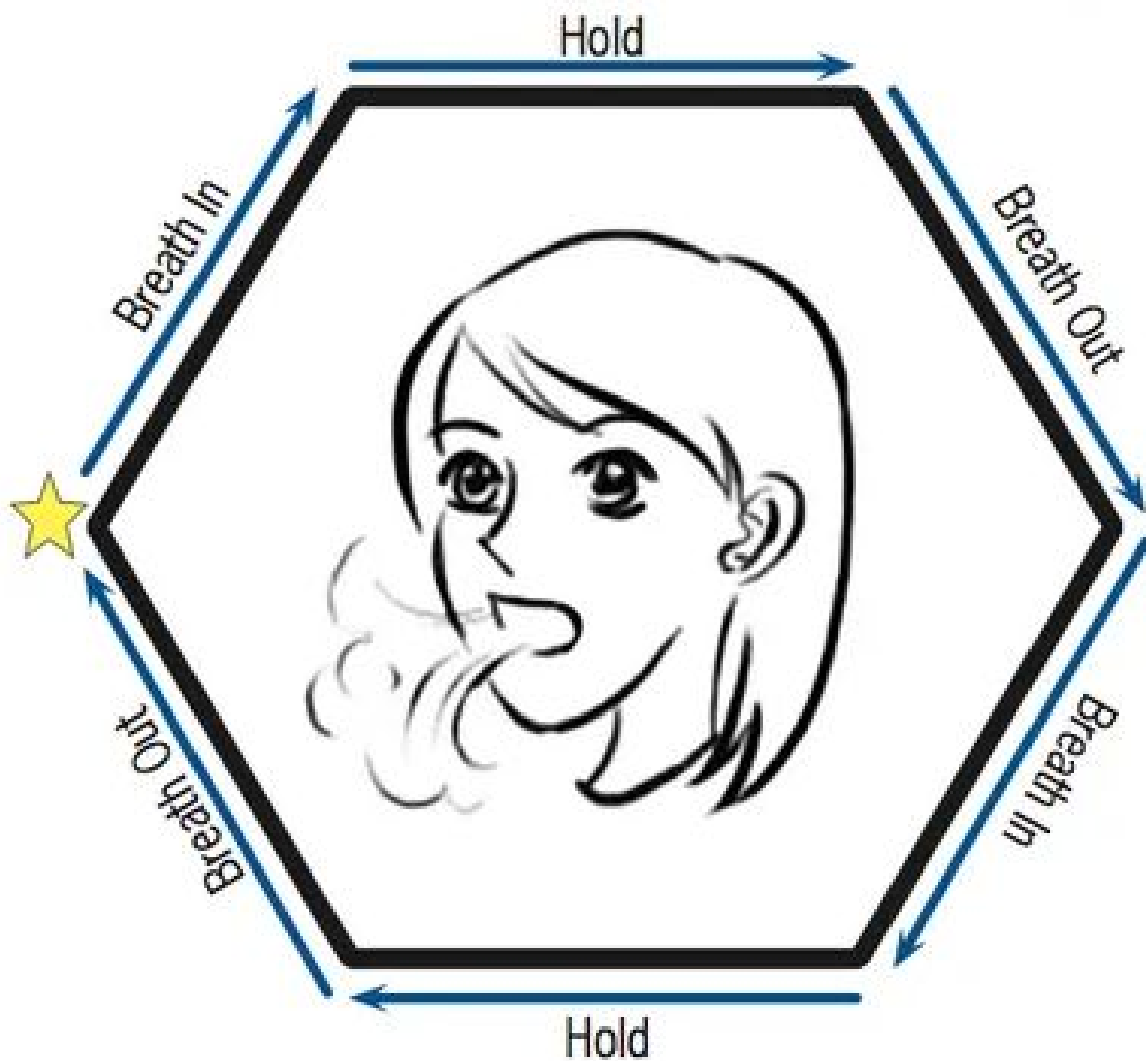
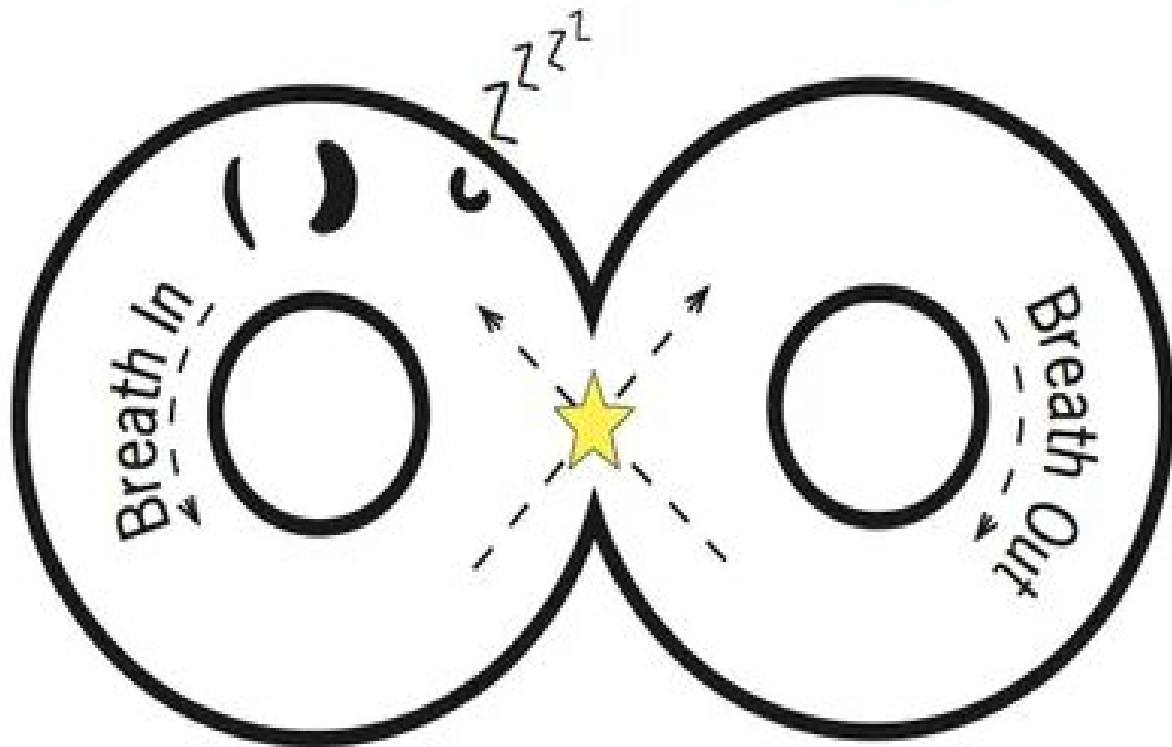


The Six Sides of **Breathing**



Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

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.



Belly Breathing

Belly breathing is a great way to calm down when you are upset.

Imagine that there is a balloon in your belly.

As you take a big breath in through your nose, try to fill up the balloon so that your belly puffs up.

Now breathe out through your mouth (like blowing bubble) and let all of the air out of the balloon.

Take slow breaths. Try to count to 4 as you breathe in and count to 4 as you breathe out.

Inhale...2...3...4

Exhale...2...3...4

Repeat until you are calm.

Remember to practice every day until it becomes easy to use when you need it.

