

BREATHE IN 4, OUT 6

1



Rain-cloud breath

Breathe in for 4. Breathe out for 6, slowly, and turn your dark cloud into gentle rain.

Foo's breath

madeofyou.com/calm

BREATHE IN 4, OUT 6

2



Bubble breath

Breathe in for 4. Breathe out for 6, long and gentle, and blow one huge pretend bubble.

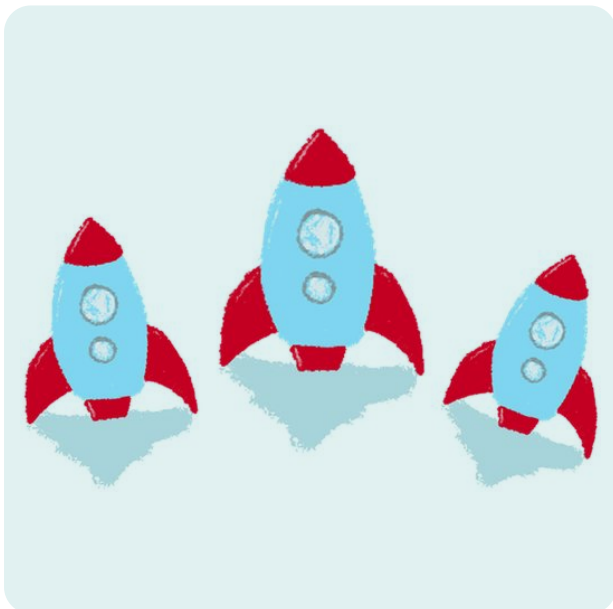
Bubbly's breath

madeofyou.com/calm

Cut on the dashed lines

BREATHE IN 4, OUT 6

3



Spaceship countdown

Close your eyes. Count backwards from 10 to 1, with one slow breath out for every number. Then fly!

From the book's activity pages

madeofyou.com/calm

BREATHE IN 4, OUT 6

4



Balloon belly breath

Hands on your tummy. Breathe in for 4 and fill your balloon. Breathe out for 6 and let it go small.

A classic

madeofyou.com/calm

BREATHE IN 4, OUT 6

5



Rainbow breath

After Foo's rain comes a rainbow. Trace it with your finger: breathe in as you go up, breathe out slowly as you come down.

After Foo's rain

madeofyou.com/calm

Cut on the dashed lines

BREATHE IN 4, OUT 6

6



Starfish breath

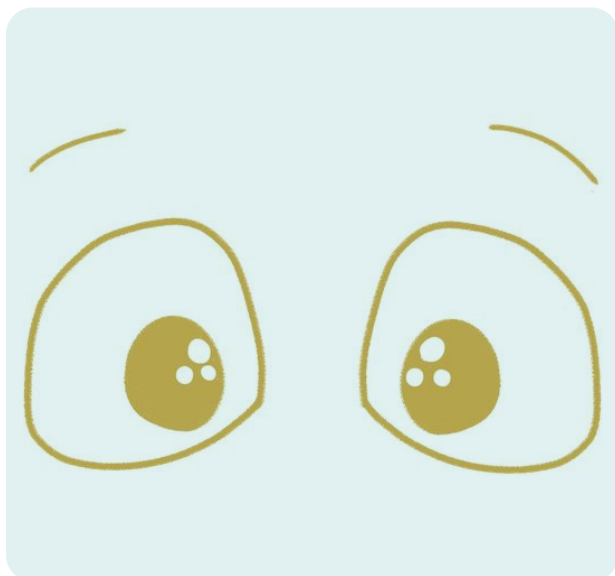
Spread your hand like a starfish. Trace up a finger as you breathe in, and down the other side as you breathe out. Five fingers, five breaths.

A classic

madeofyou.com/calm

BREATHE IN 4, OUT 6

7



Smell the flower, blow out the candle

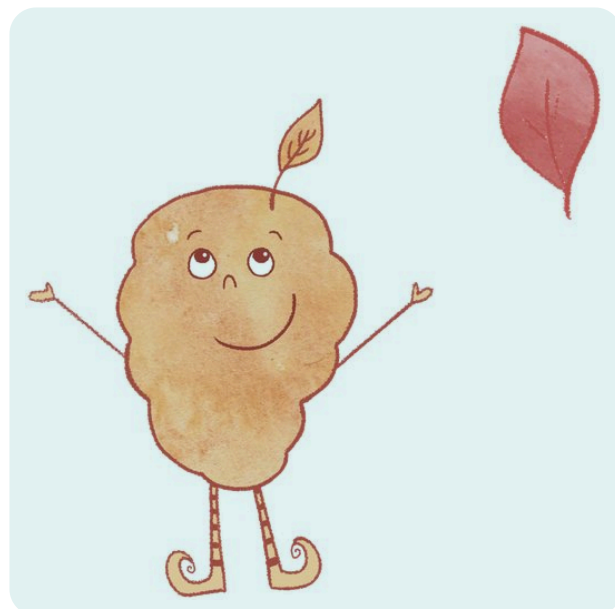
Smell a flower: breathe in slowly through your nose. Blow out a candle: breathe out long and slow through your mouth.

A classic

madeofyou.com/calm

BREATHE IN 4, OUT 6

8



Follow the leaf down

Watch a leaf float down from the top of a tree. Breathe in for 4, then breathe out slowly all the way until it lands.

Fall's breath

madeofyou.com/calm