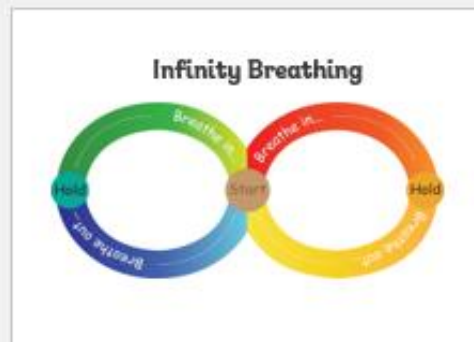
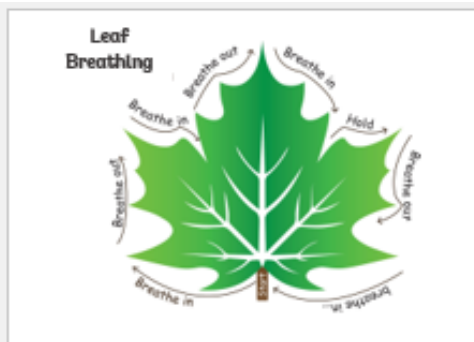
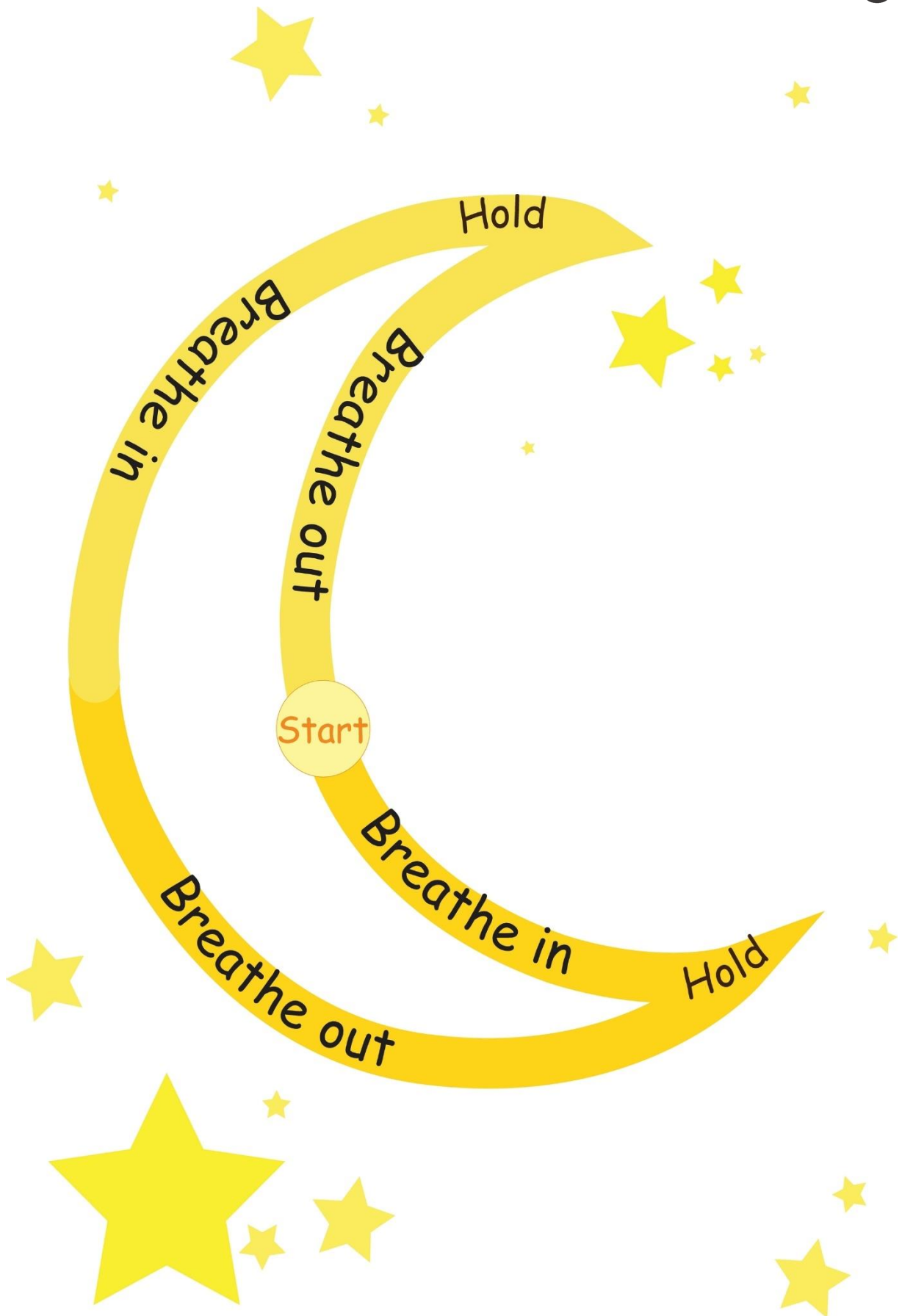


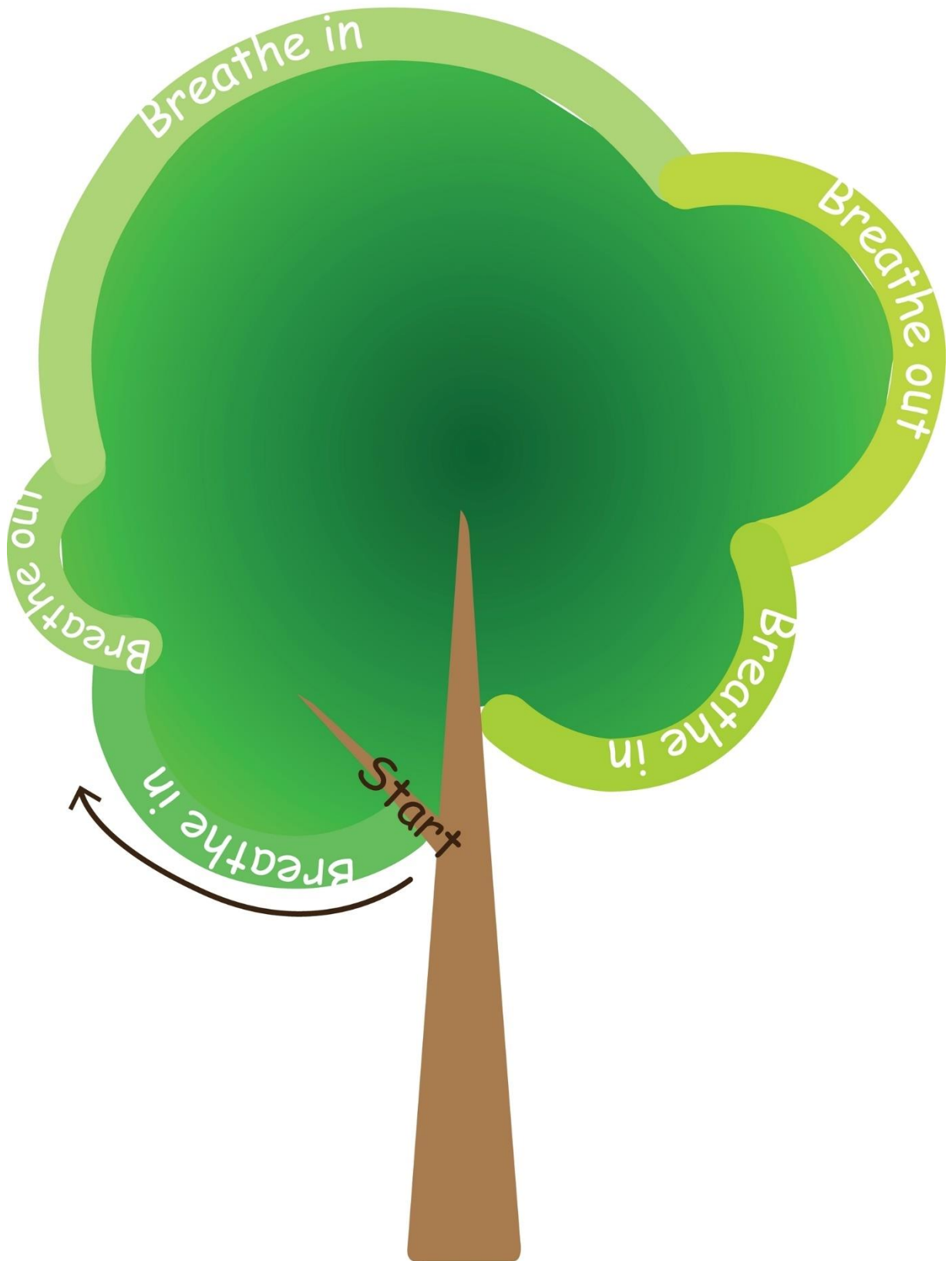
Finger Tracing Breathing Exercises



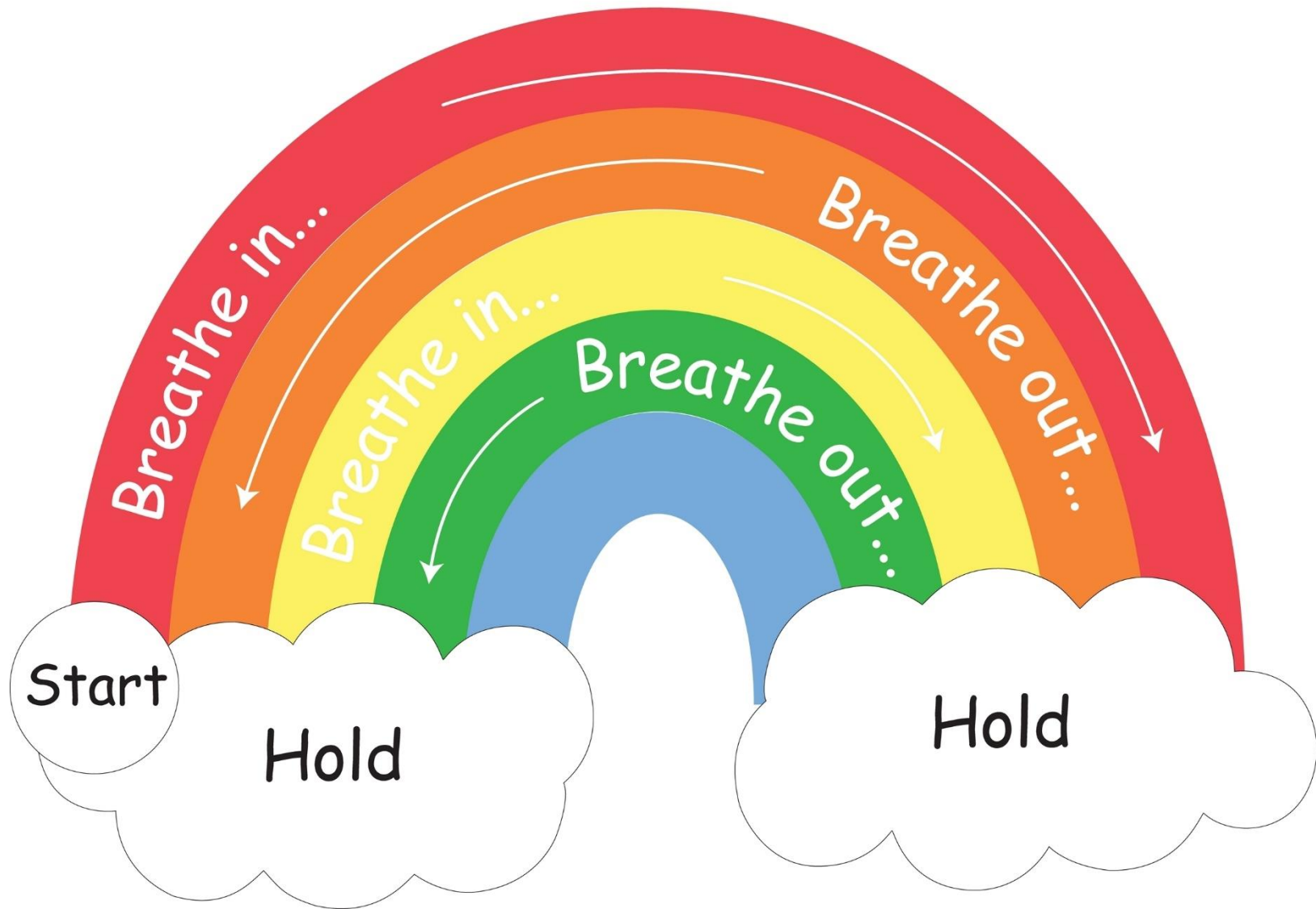
Moon Breathing



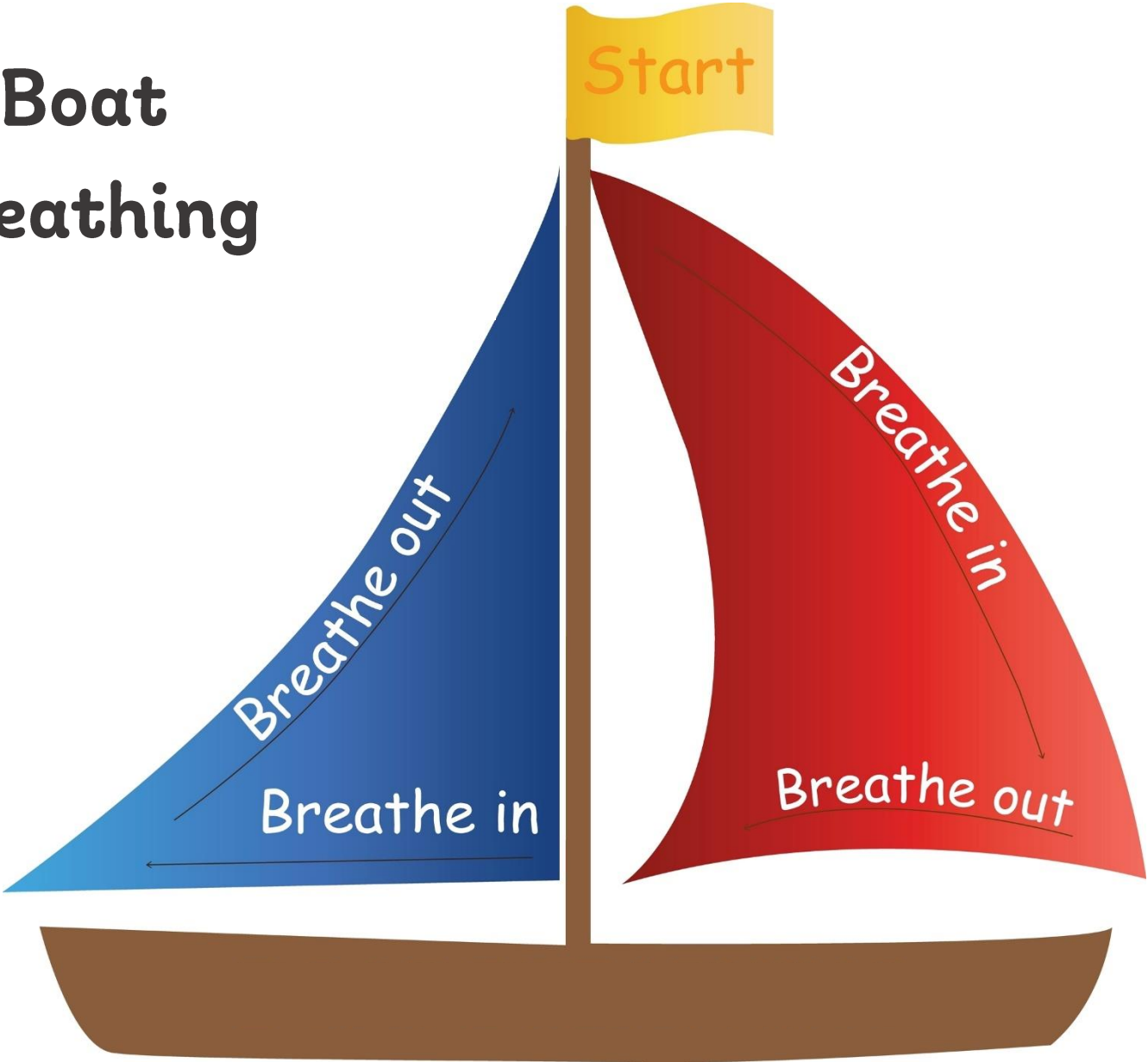
Tree Breathing



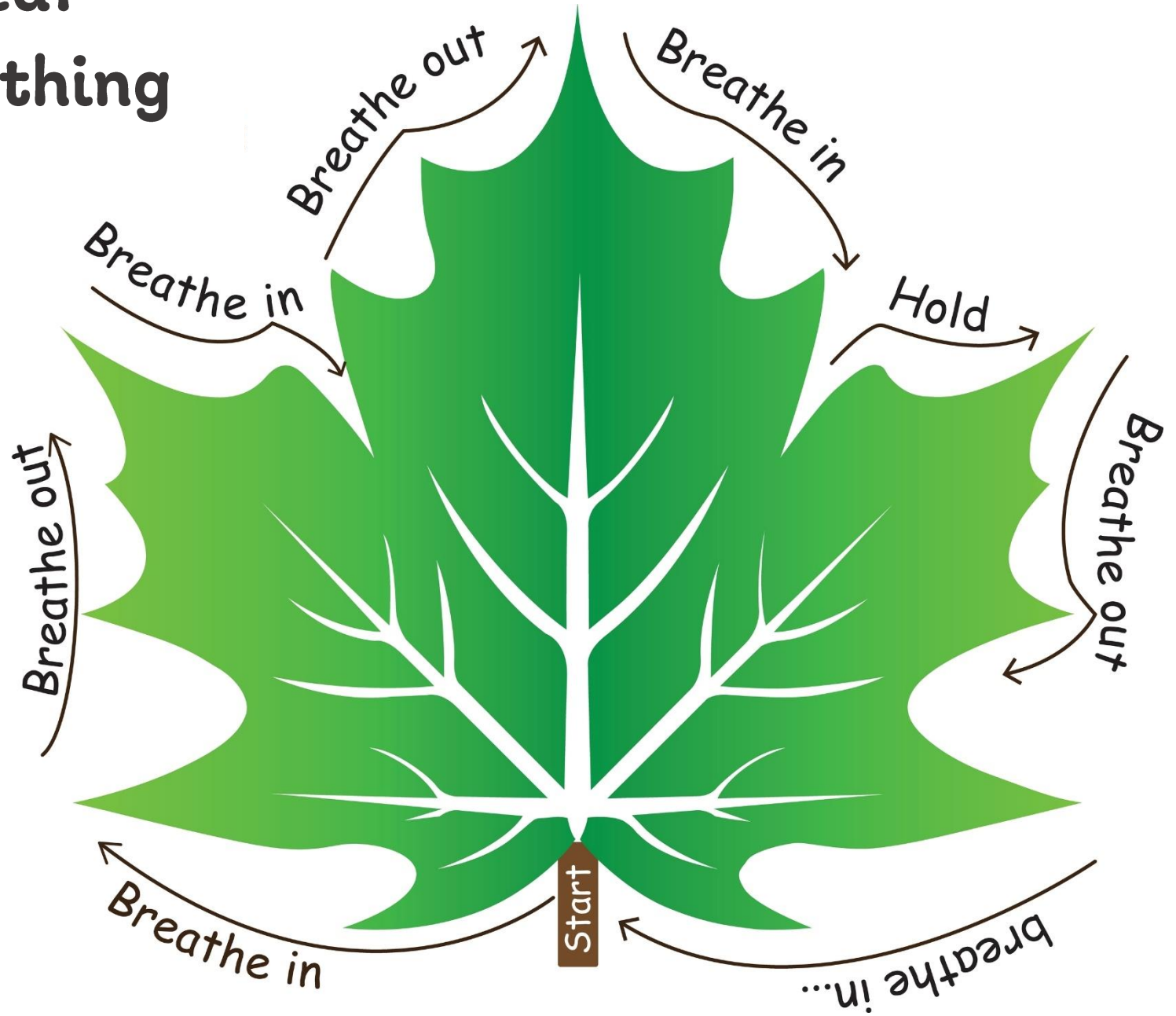
Rainbow Breathing

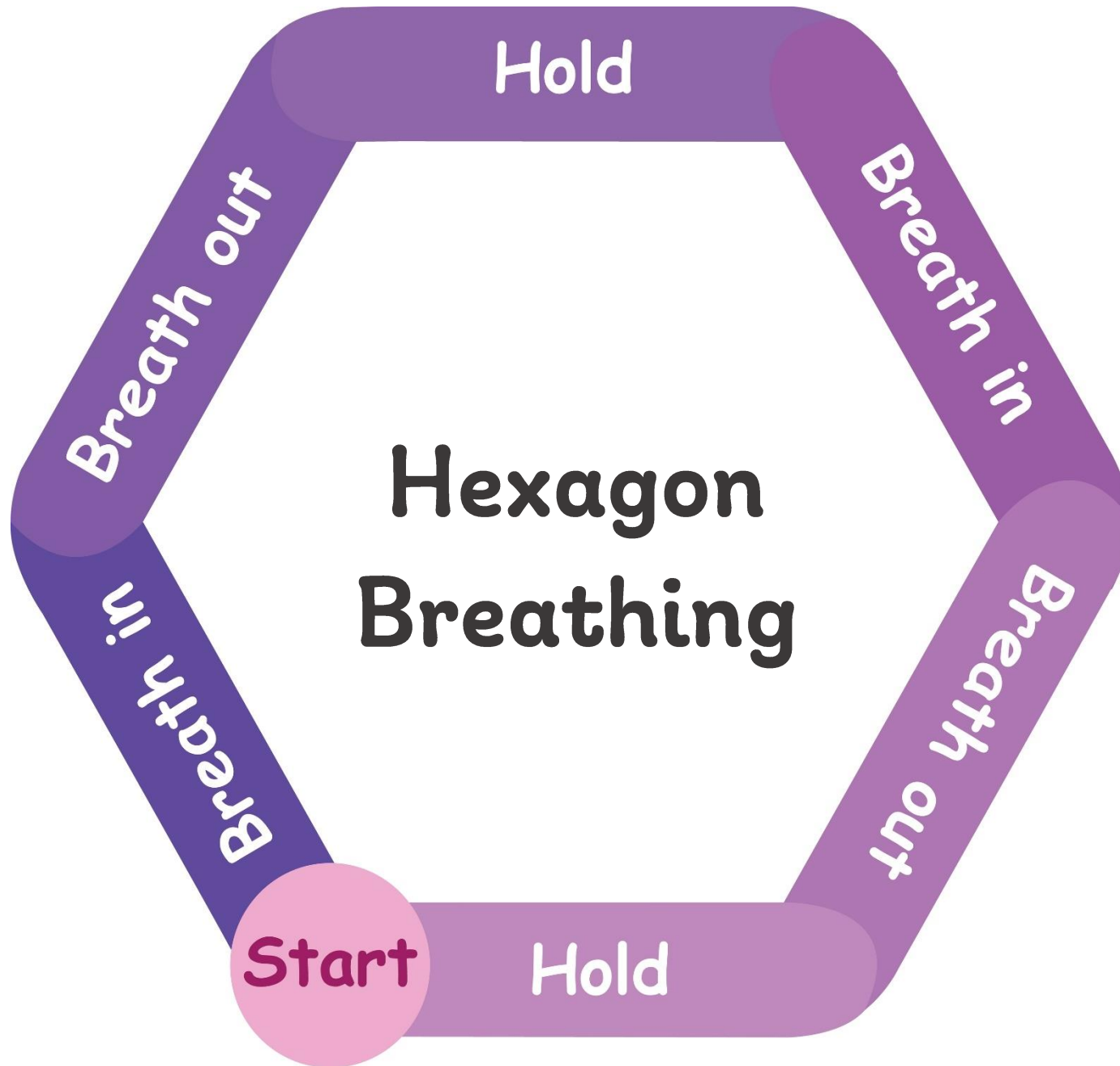


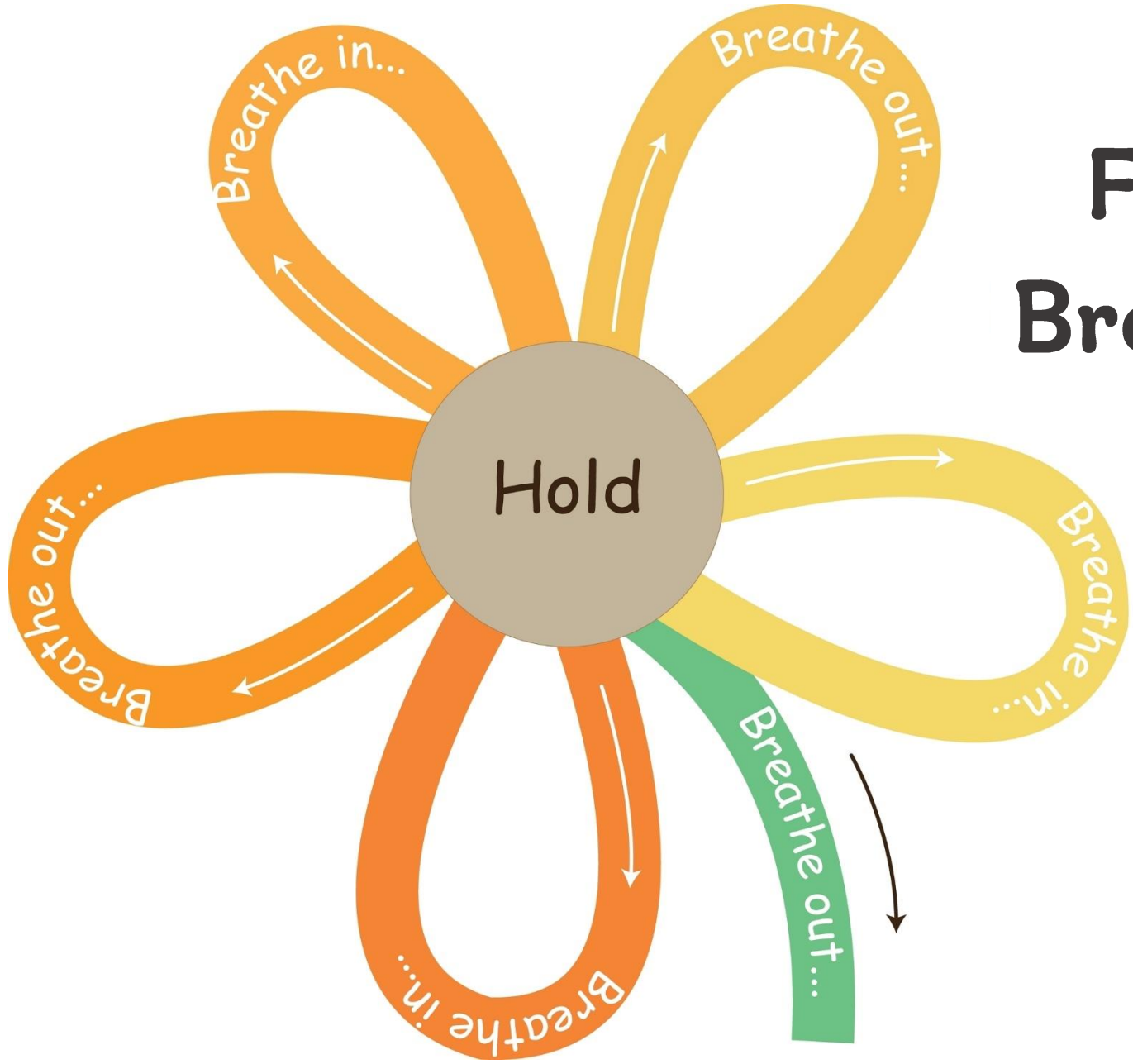
Boat Breathing



Leaf Breathing

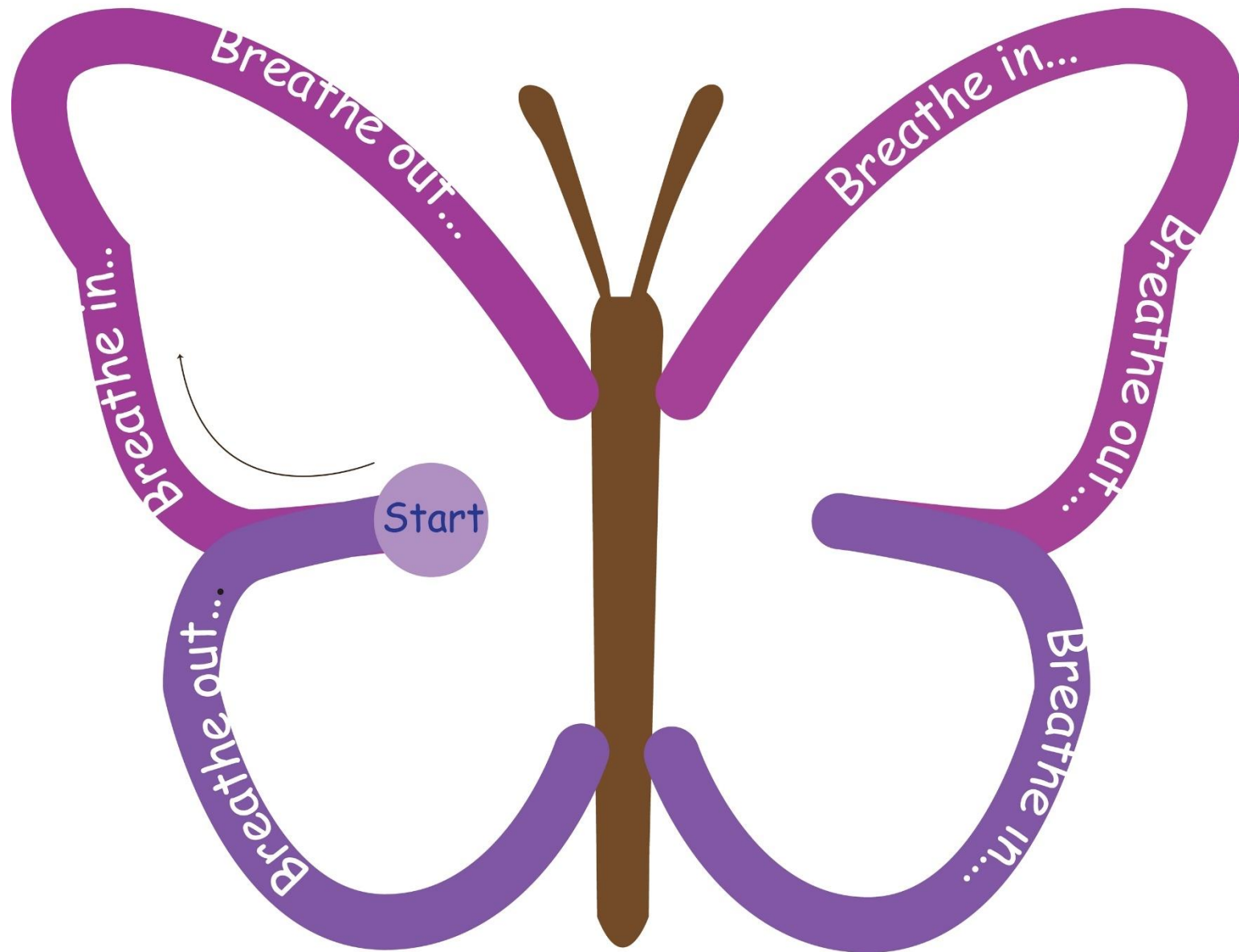


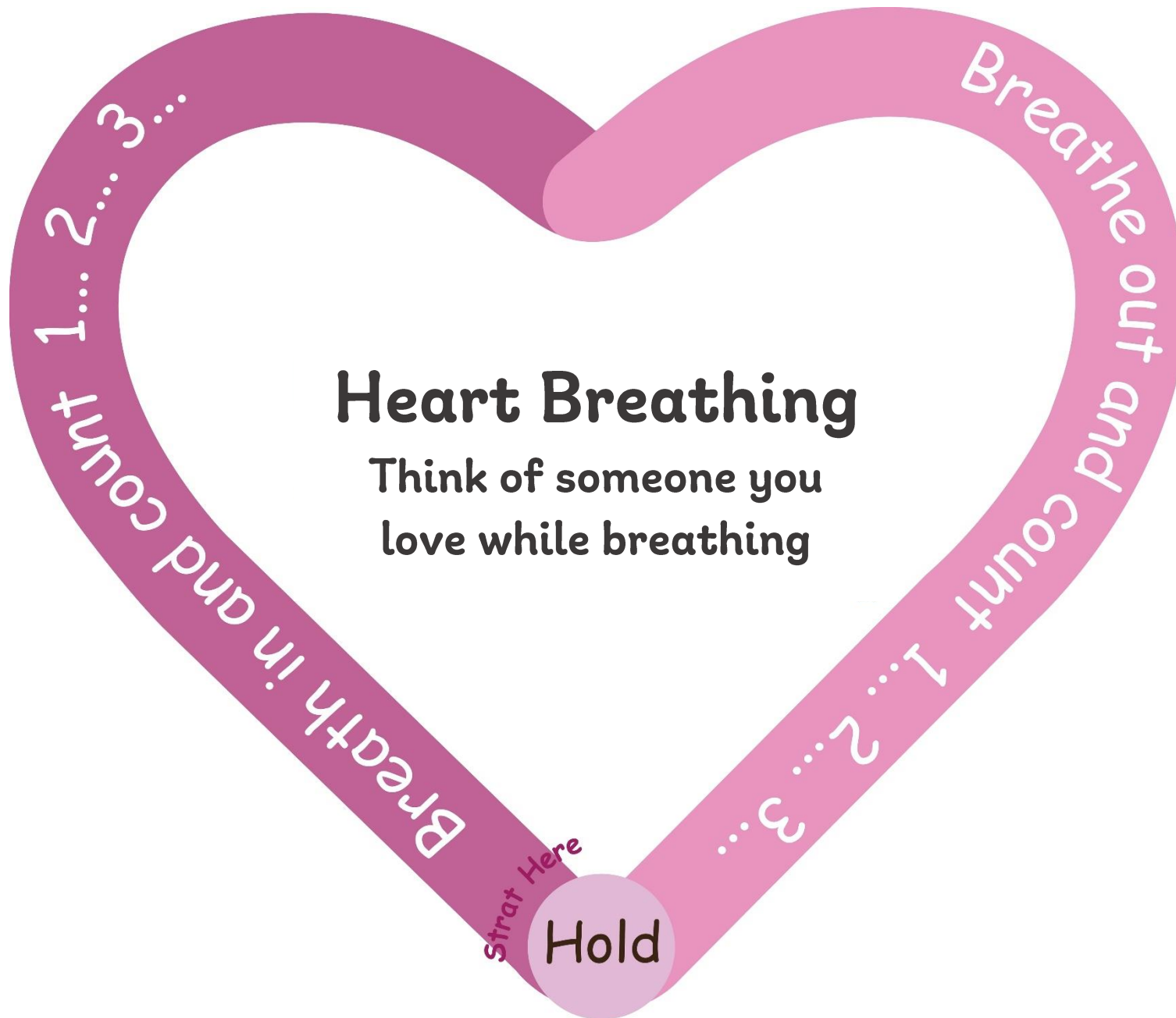




Flower Breathing

Butterfly Breathing





Heart Breathing

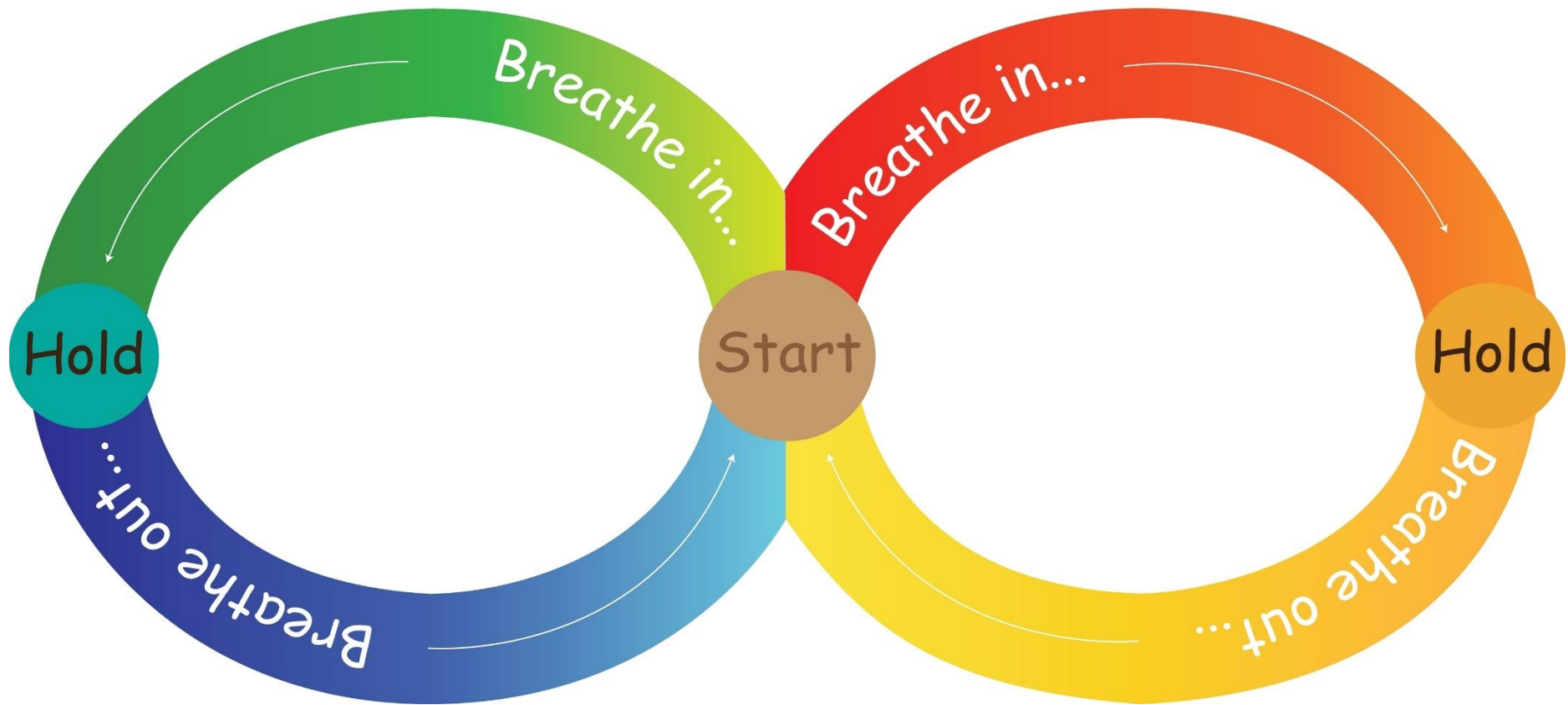
Think of someone you
love while breathing

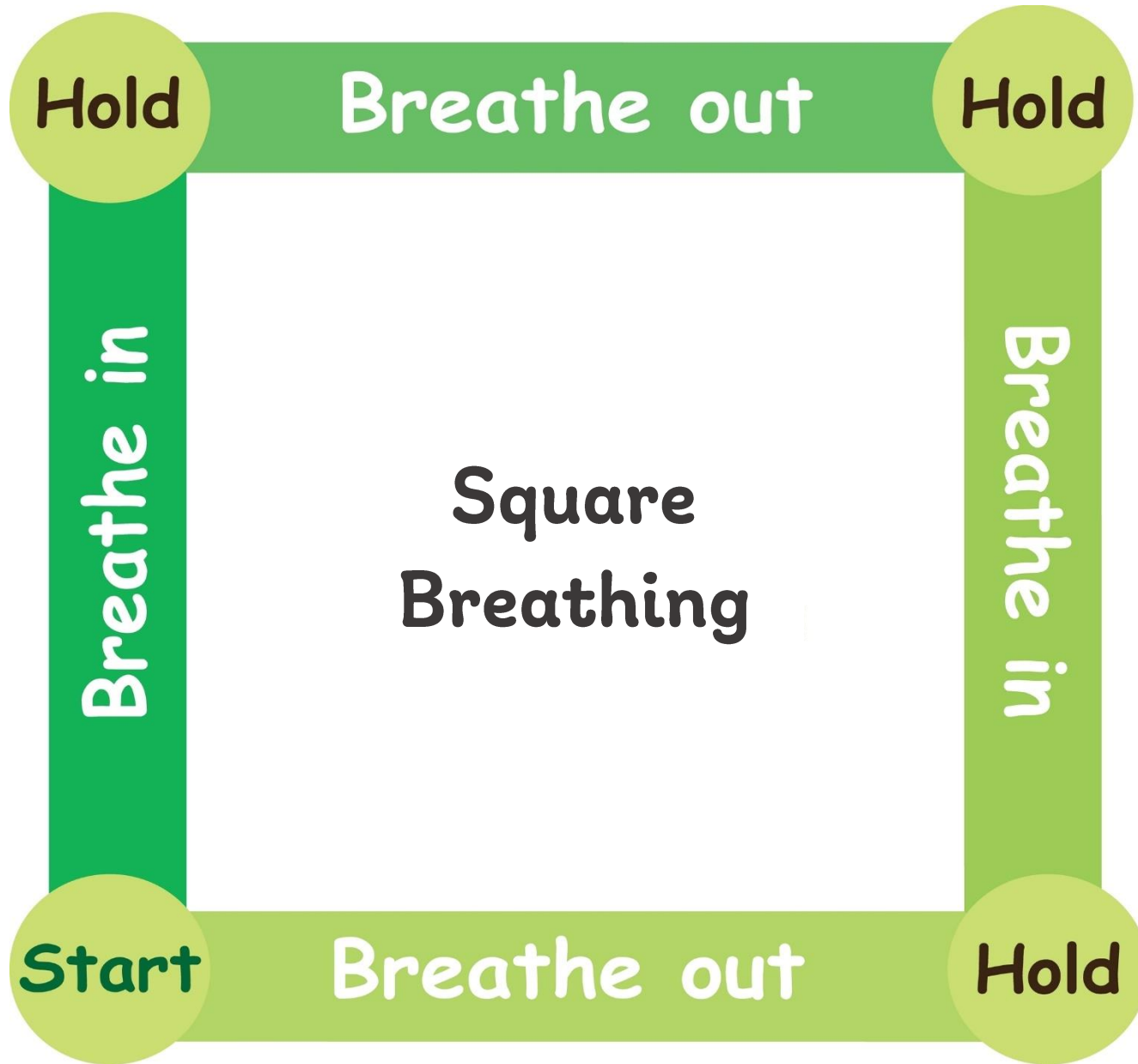
Hold

Start Here



Infinity Breathing





About this Free Printable Resource

These Finger Tracing Breathing Exercises are a simple yet effective tool designed to help children manage their emotions and enhance their mindfulness through guided breathing practices. This resource utilises visually engaging pictures that children are encouraged to trace with their fingers, incorporating a physical element into the breathing exercise. As children trace the outlines of various shapes and objects such as the moon, tree, rainbow, boat, leaf, hexagon, flower, butterfly, heart, star, infinity symbol, and square, they are guided to breathe in, hold their breath, and then breathe out in a controlled manner.

The benefits of these exercises are manifold. Firstly, they serve as a practical method for children to learn and practise controlled breathing, which is a foundational aspect of emotional regulation and stress management. By focusing on the act of tracing and coordinating their breathing with these movements, children can experience a reduction in anxiety and an increase in calmness and focus. Additionally, the variety of shapes ensures that the exercises remain engaging and accessible to children with varying interests and preferences.

These breathing exercises can be used in various settings, including at home, in schools, and in therapeutic environments. Educators, parents, and therapists can introduce these exercises as part of a daily routine to help children develop healthy coping mechanisms for stress and anxiety. Furthermore, the simplicity of the exercises means they can be easily integrated into busy schedules, providing a quick and effective strategy for children to centre themselves in moments of overwhelm.

For professionals looking to utilise this resource, incorporating it into mindfulness sessions, classroom activities, or individual therapeutic practices can offer children a tangible way to understand and practise mindfulness and emotional regulation. Moreover, these exercises align well with strategies aimed at enhancing children's mental health and

wellbeing, making them a valuable addition to any toolkit focused on supporting child development.

For more **free resources on anxiety** visit www.AnxietyHelpBox.com.



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