

MINDFUL BREATHING CARDS

SMELL THE FLOWERS,
BLOW THE WIND



Pretend you are smelling a flower.
Breathe in deeply through your nose.
Now blow the wind through your mouth.

HISSING SNAKE



Take a deep breath in through your nose.
Breathe out slowly through your mouth
hissing like a snake: "Sssss..."

BLOW OUT
THE BIRTHDAY CANDLES



Imagine a big birthday cake
in front of you.
Take a deep breath in through your nose.
Blow out the candles
slowly through your mouth.

WARM HOT CHOCOLATE



Pretend you are holding a cup
of hot chocolate.
Breathe in through your nose
to smell the chocolate.
Breathe out through your mouth
to cool it down.

A BALLOON



Imagine you are blowing up a big balloon.
Breathe in through your nose.
Breathe out through your mouth,
inflating the balloon.

WARM HANDS BREATH



Take a deep breath in through your nose.
Rub your hands together quickly.
Take a deep breath in through your nose.
Breathe out into your hands and
feel the warmth.

RAINBOW BREATHS



Breathe in through your nose as
you stretch your arms up.
Breathe out through your mouth as you make
a big rainbow shape with your arms.

BUTTERFLY WINGS



Sit cross-legged and place your hands on your shoulders like butterfly wings.
Breathe in through your nose as
your wings go up.
Breathe out through your mouth as
they go down.

BIG BUBBLE POP



Imagine you are blowing a big bubble.
Take a deep breath in through your nose.
Blow out softly through your mouth, making
the biggest bubble ever.

DANDELION WISHES



Pretend you are holding a fluffy dandelion.
Take a deep breath in through your nose.
Blow out gently through your mouth to send
the seeds flying.

BUNNY SNIFFS



Imagine you are sniffing like a bunny.
Breathe in through your nose.
Breathe out through your mouth
a few times.

SUPERHERO
POWER BREATH



Stand like a superhero with hands on hips.
Breathe in deeply through your nose.
Breathe out and feel strong and powerful.

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Blow out gently through your mouth to send
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FLOATING FEATHER



Imagine a feather in front of you.
Take a deep breath in through your nose.
Blow out softly through your mouth to
keep it floating.

BUZZY BEE BREATH



Take a deep breath in through your nose.
Breathe out while making a soft buzzing
sound like a bumblebee.
Feel the gentle hum in your body.

OCEAN WAVE BREATHS



Wrap your arms around yourself in a big hug.
Breathe in deeply through your nose.
Breathe out slowly and squeeze
your hug tighter.

ROCKET BLAST OFF



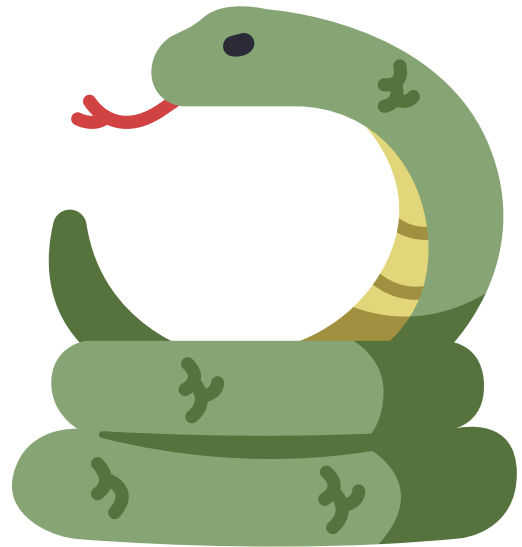
Squat down like a rocket ready to launch.
Breathe in deeply through your nose.
Blast off! Jump up as you breathe out
with a "whoosh!"

SMELL THE FLOWERS, BLOW THE WIND



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Breathe in deeply through your nose.
Now blow the wind through your mouth.

HISSING SNAKE



Take a deep breath in through your nose.
Breathe out slowly through your mouth while
hissing like a snake: "Sssss..."

RAINBOW BREATHS



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a big rainbow shape with your arms.

BUTTERFLY WINGS



Sit cross-legged and place your hands on
your shoulders like butterfly wings.
Breathe in through your nose as
your wings go up.
Breathe out through your mouth as
they go down.

BLOW UP A BALLOON



Imagine you are blowing up a big balloon. Take a deep breath in through your nose. Blow out slowly through your mouth, filling the balloon.

WARM HANDS BREATH



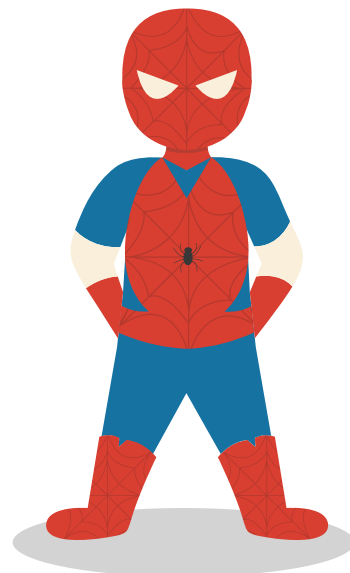
Rub your hands together quickly. Take a deep breath in through your nose. Breathe out into your hands and feel the warmth.

BUNNY SNIFFS



Take three quick sniffs through your nose like a bunny. Breathe out slowly through your mouth. Repeat a few times.

SUPERHERO POWER BREATH



Stand like a superhero with hands on hips. Breathe in deeply through your nose. Breathe out and feel strong and powerful.

SNOWFLAKE BREATHS



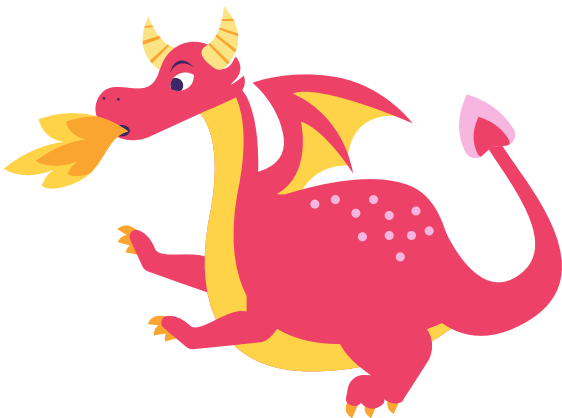
Imagine catching a snowflake on your tongue.
Breathe in deeply through your nose.
Breathe out slowly and let the snowflake melt.

TEDDY BEAR SQUEEZE



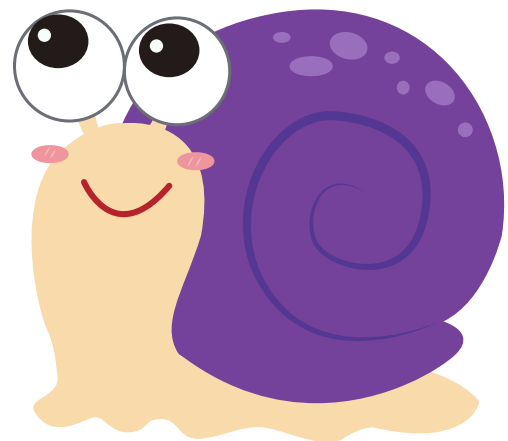
Hug your teddy tight.
Breathe in and squeeze.
Breathe out and relax.
Feel warm and calm.

DRAGON FIRE BREATH



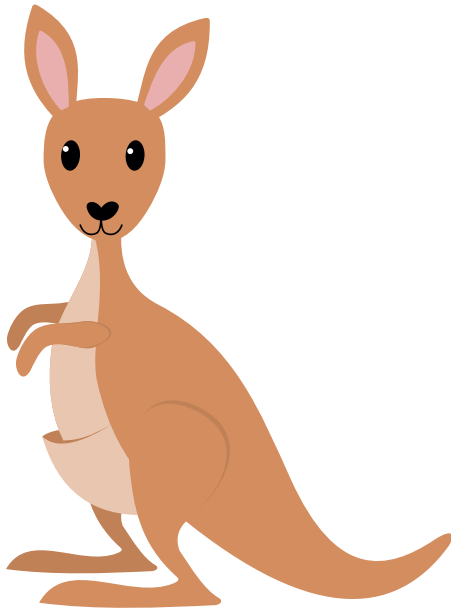
Stand up tall like a mighty dragon.
Take a big breath in through your nose.
Breathe out through your mouth with a long
“Haaaaa” sound, like you are breathing fire!

SLOW SNAIL BREATHS



Pretend you are a slow-moving snail.
Take a deep, slow breath in
through your nose.
Breathe out through your mouth even slower,
just like a snail moving across the ground.

KANGAROO HOPS



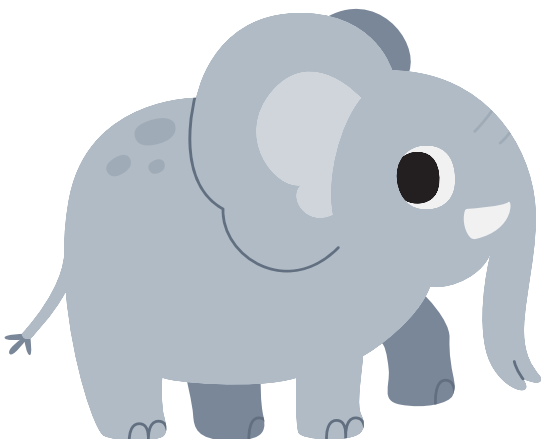
Put your hands on your belly like a pouch.
Breathe in through your nose.
Hop forward as you breathe out.
Keep hopping with each breath!

JUMPING STAR



Stand tall, feet together.
Breathe in through your nose and
jump into a star shape.
Breathe out as you jump back.
Repeat five times!

ELEPHANT TRUNK SWING



Stand with feet wide, arms dangling.
Breathe in as you lift your arms
up like a trunk.
Breathe out as you swing them
down to your toes.
Repeat slowly!

TIGER STRETCH



Stand tall like a tiger waking up.
Breathe in as you stretch your arms high.
Breathe out with a big "raaah" as you stretch
forward like a tiger pouncing!

See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com

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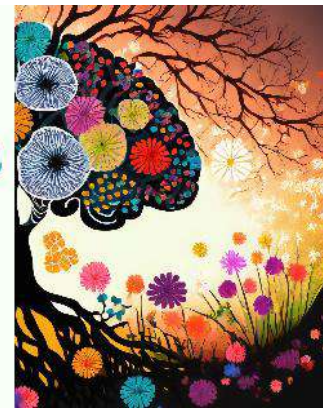
Free social work resources for direct work



2 www.anxietyhelpbox.com



www.AnxietyHelpBox.com
Free Anxiety Tools & Resources



3 www.feelingshelpbox.com

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Free Emotions & Feelings Resources



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