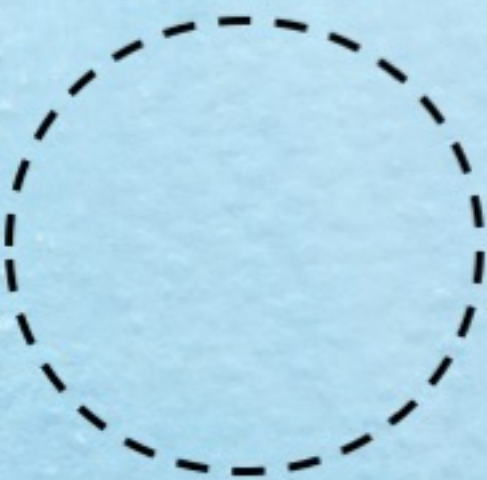


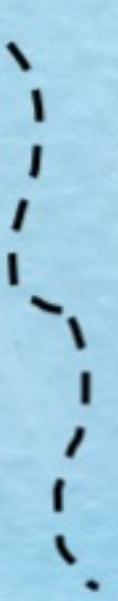


# BALLOON BREATHING

How to do  
**BALLOON BREATHING:**



**INHALE** as you trace your finger around the balloon, filling your lungs like a **BALLOON**.



**EXHALE** as you trace your finger down the string, letting your thoughts **FLOAT** away.

**REPEAT.**

# RAIN BREATHING

How to do  
**RAIN BREATHING:**



**INHALE** as you trace your finger around the cloud, filling your lungs like a **FULL RAIN CLOUD**.



**EXHALE** as you pitter patter your finger down with the rain drops, letting your thoughts **FALL** away.

**REPEAT.**

# SWEET TREAT BREATHING



## How to do SWEET TREAT BREATHING:



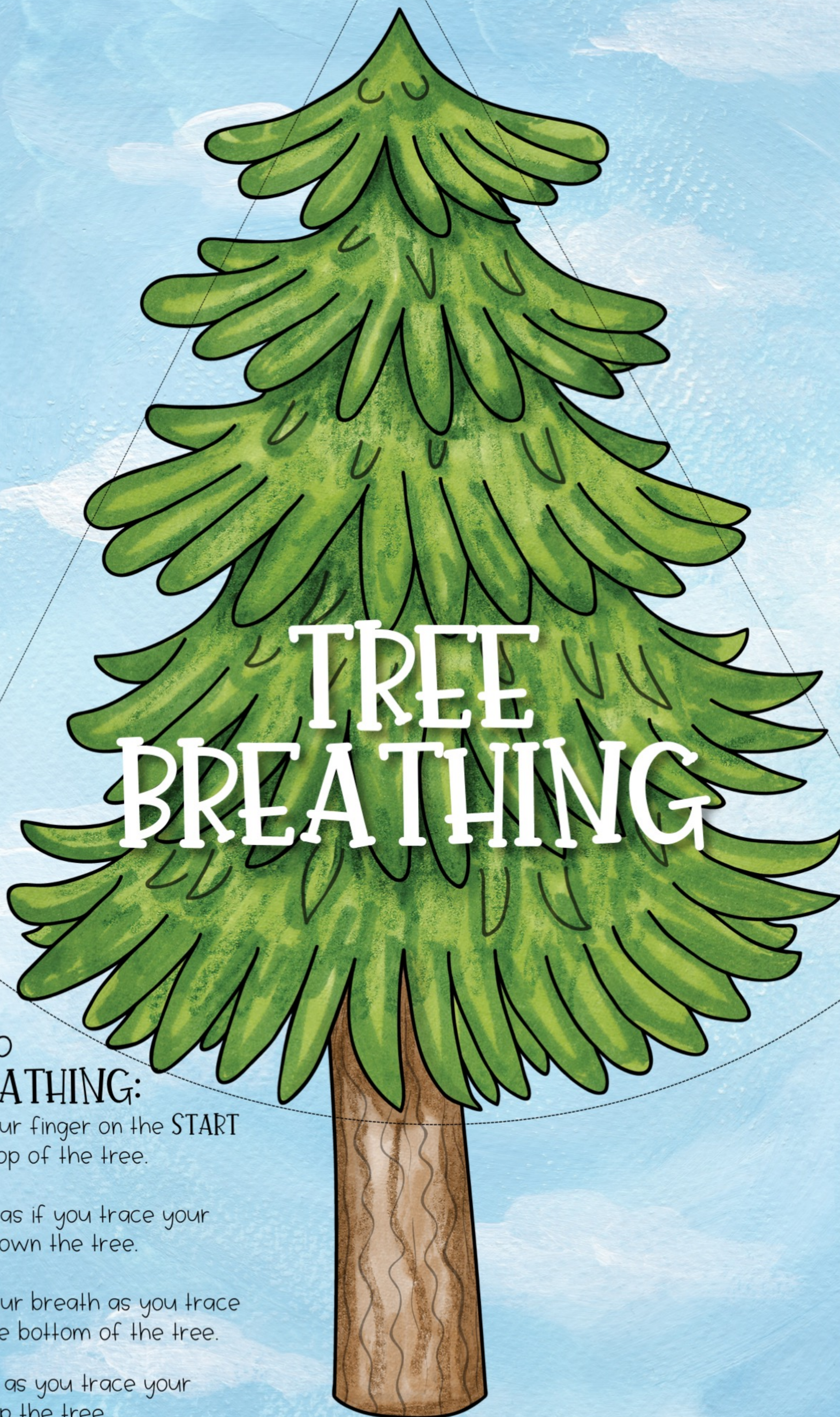
**INHALE** as if you are smelling some delicious cookies fresh from the oven, filling your lungs with the **SWEET SMELL**.



**EXHALE** as if you are blowing on the steam from a hot cider, watching the steam **SCATTER** away.

**REPEAT.**

START



How to do  
**TREE BREATHING:**

Place your finger on the **START** at the top of the tree.

**INHALE** as if you trace your finger down the tree.

**HOLD** your breath as you trace along the bottom of the tree.

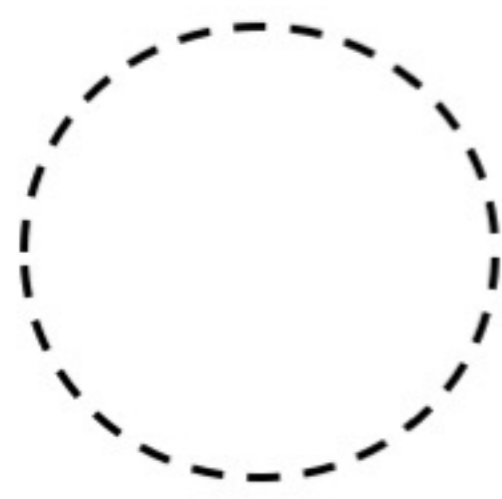
**EXHALE** as you trace your finger up the tree.

**REPEAT.**

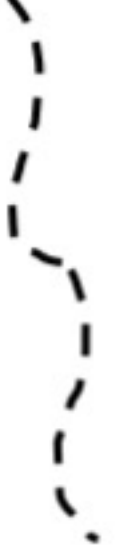


# BALLOON BREATHING

How to do  
**BALLOON BREATHING:**



**INHALE** as you trace your finger around the balloon, filling your lungs like a **BALLOON**.



**EXHALE** as you trace your finger down the string, letting your thoughts **FLOAT** away.

**REPEAT.**



# RAIN BREATHING



How to do  
**RAIN BREATHING:**



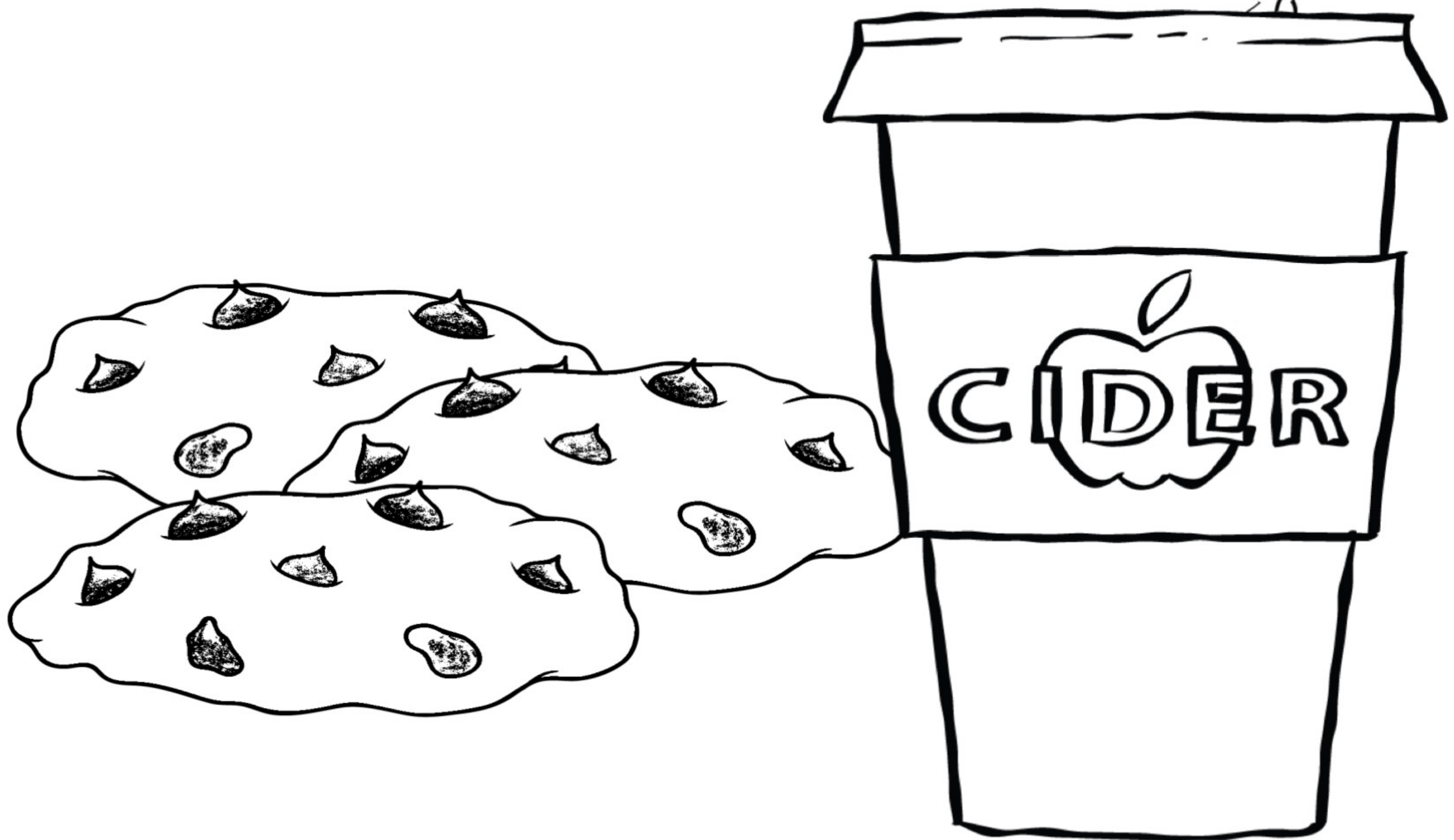
**INHALE** as you trace your finger around the cloud, filling your lungs like a **FULL RAIN CLOUD**.



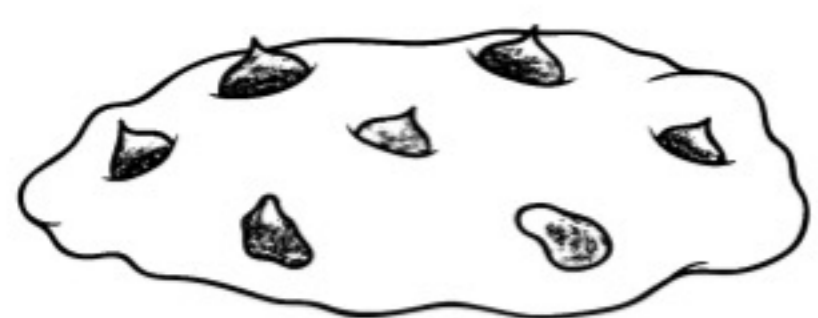
**EXHALE** as you pitter patter your finger down with the rain drops, letting your thoughts **FALL** away.

**REPEAT.**

# SWEET TREAT BREATHING



How to do  
SWEET TREAT BREATHING:



**INHALE** as if you are smelling some delicious cookies fresh from the oven, filling your lungs with the **SWEET SMELL**.



**EXHALE** as if you are blowing on the steam from a hot cider, watching the steam **SCATTER** away.

**REPEAT.**

**START**



How to do  
**TREE BREATHING:**

Place your finger on the **START**  
at the top of the tree.

**INHALE** as if you trace your  
finger down the tree.

**HOLD** your breath as you trace  
along the bottom of the tree.

**EXHALE** as you trace your  
finger up the tree.

**REPEAT.**



# A NOTE FROM COUNSELOR *Keri*



## *Fellow counselor,*

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If you have any questions about a resource, please always feel free to email me at [counselorkeri@gmail.com](mailto:counselorkeri@gmail.com). I'd also love to connect with you on social media! Click the images below to link up.



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*Happy counseling!*  
COUNSELOR *Keri*

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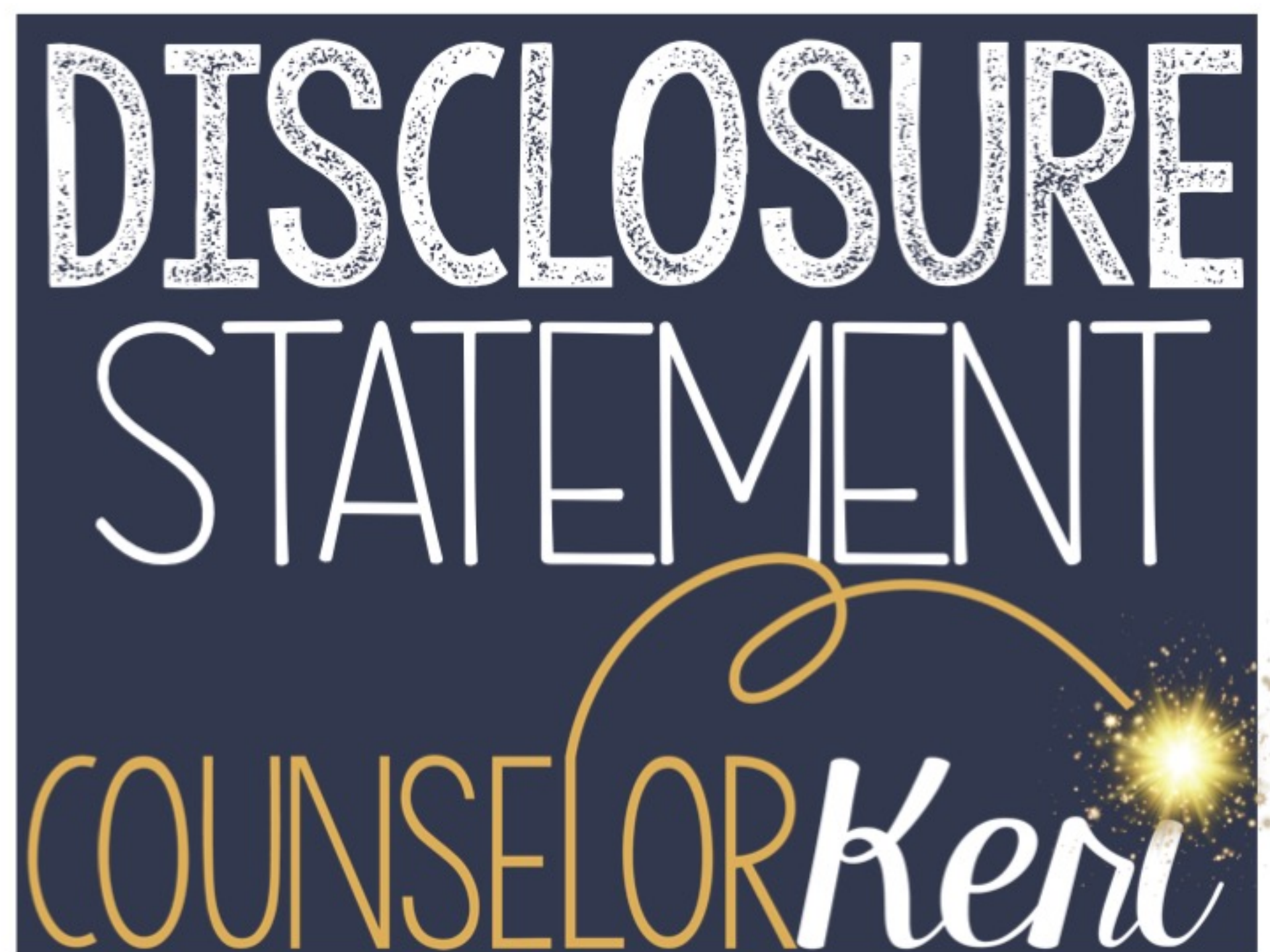
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