

Sun Spiral Breathing

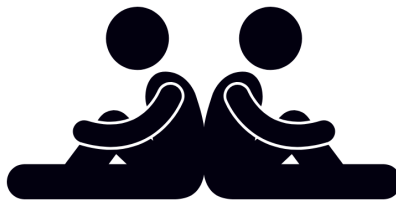


1. Place your finger on the end of the spiral.
2. Breathe in slowly and trace the spiral until you reach the center.
3. Breathe out slowly and trace the spiral in the other direction until you reach the end.
4. Repeat as many times as needed.



THE CALM CLASSROOM

Back-to-Back-Breathing



1. Find a partner and sit on the floor back-to-back.
2. Sit tall and close your eyes.
3. On the count of three, both partners take a deep breath and exhale slowly.
4. While breathing, feel the expansion in your partner's back and try to match your own breathing to their's.
5. Repeat until both partners feel calm and grounded.



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Ocean Breathing



1. Close your eyes and cover your ears with your hands.
2. Inhale and exhale as slowly as possible.
3. Focus your attention on the sound that your breathing makes.
4. Visualize peaceful ocean waves rolling slowly back and forth towards the shore as you breathe.
5. Repeat as many times as needed.



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Rainbow Breathing



1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top, begin to exhale through your mouth and continue tracing.
4. Repeat with each color or until you feel calm and grounded.



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