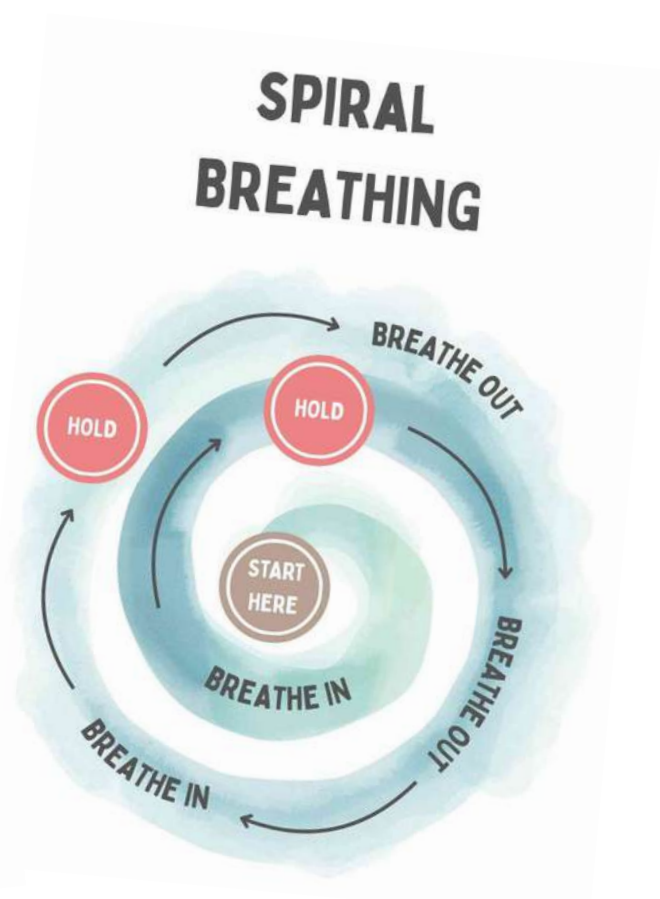


Mindfulness Breathing Exercise Cards for Kids: SHAPES

13 cards

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BREATHE IN



**CIRCLE
BREATHING**

**START
HERE**



BREATHE OUT



**START
HERE**

EXHALE FOR 3 SECONDS

INHALE FOR 3 SECONDS

TRIANGLE BREATHING

HOLD FOR 3 SECONDS

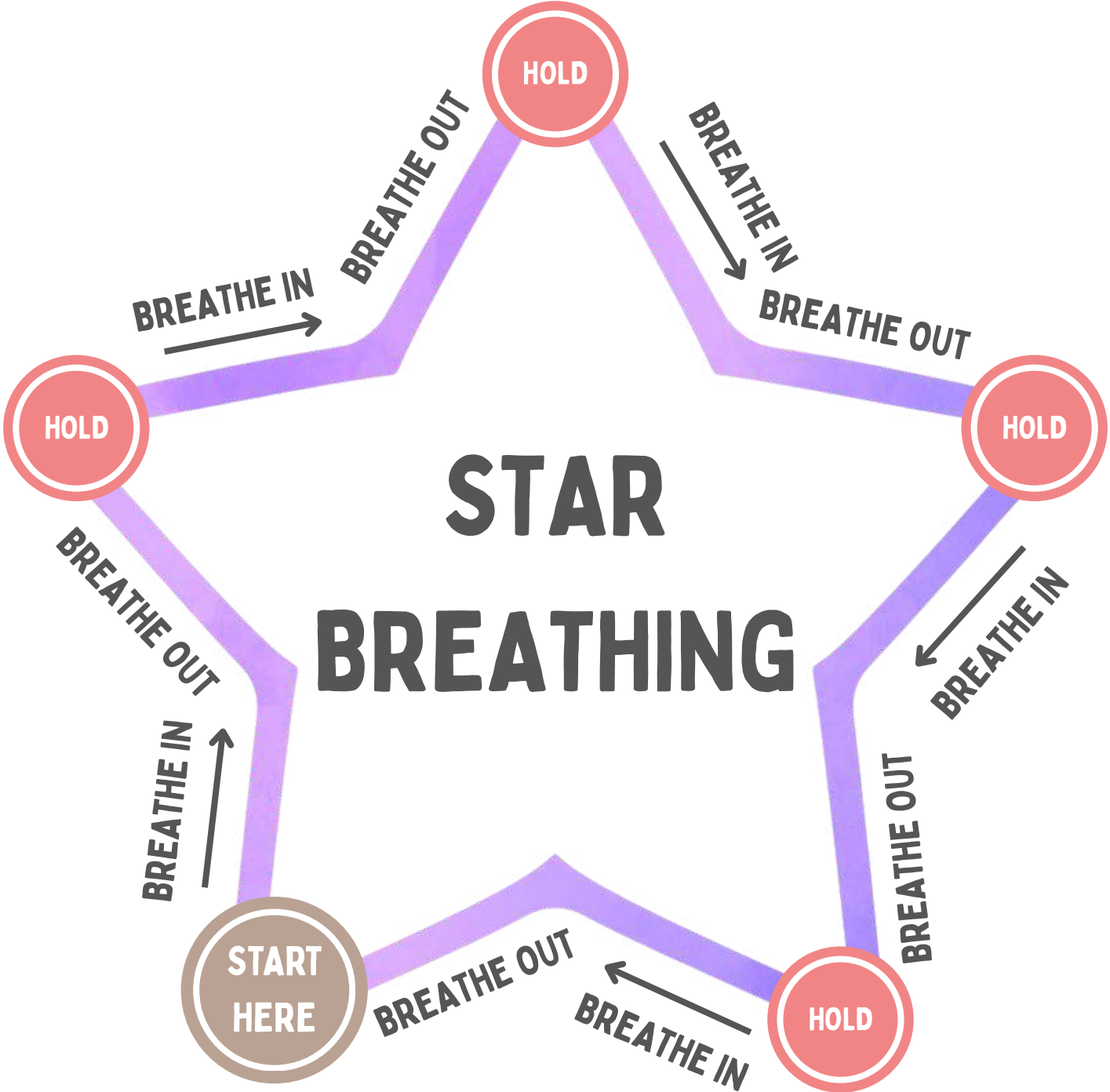
EXHALE FOR 3 SECONDS

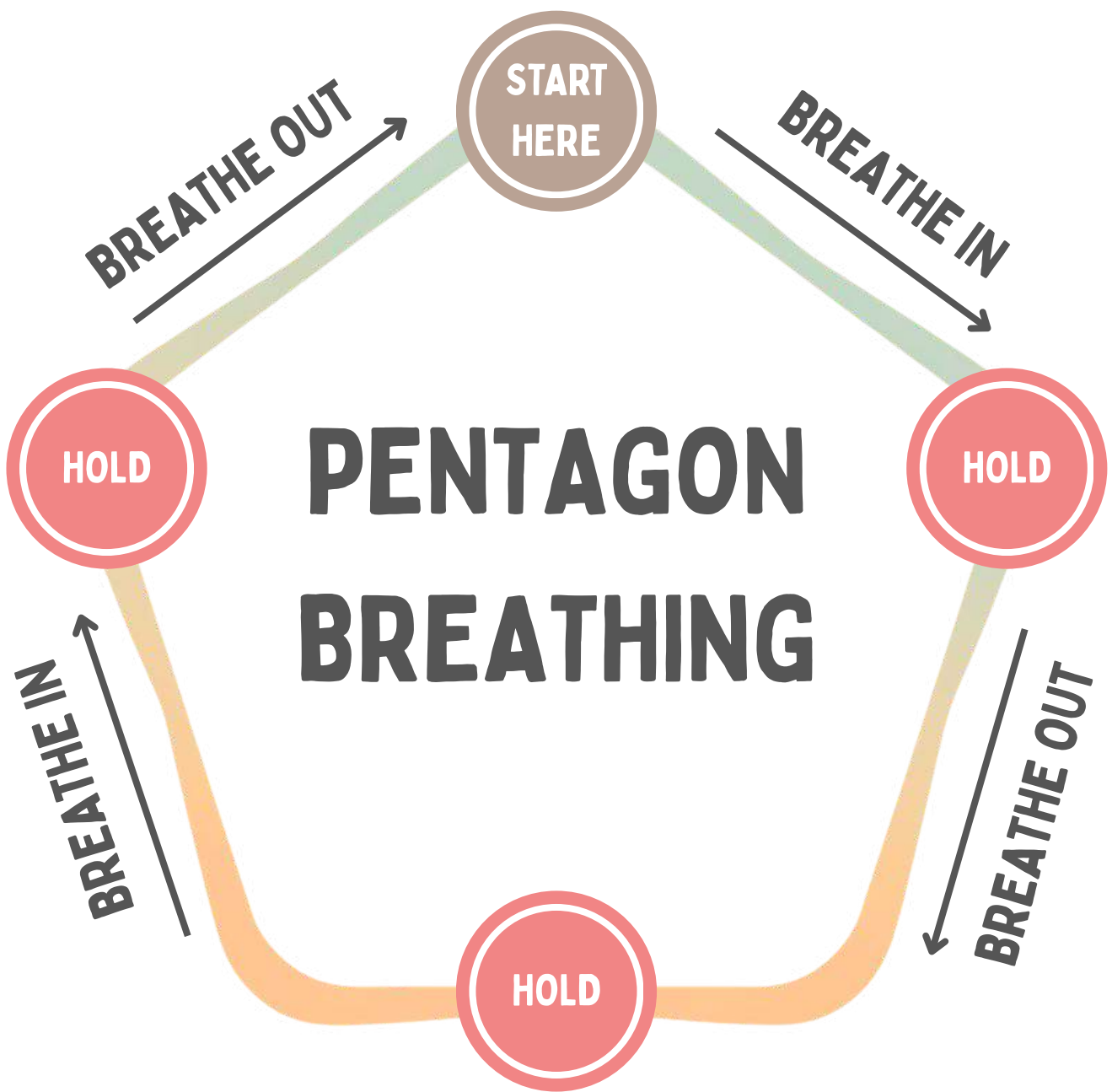


HEART BREATHING

INHALE FOR 3 SECONDS







BREATHE OUT



BREATHE IN

**START
HERE**

HEXAGON BREATHING

HOLD

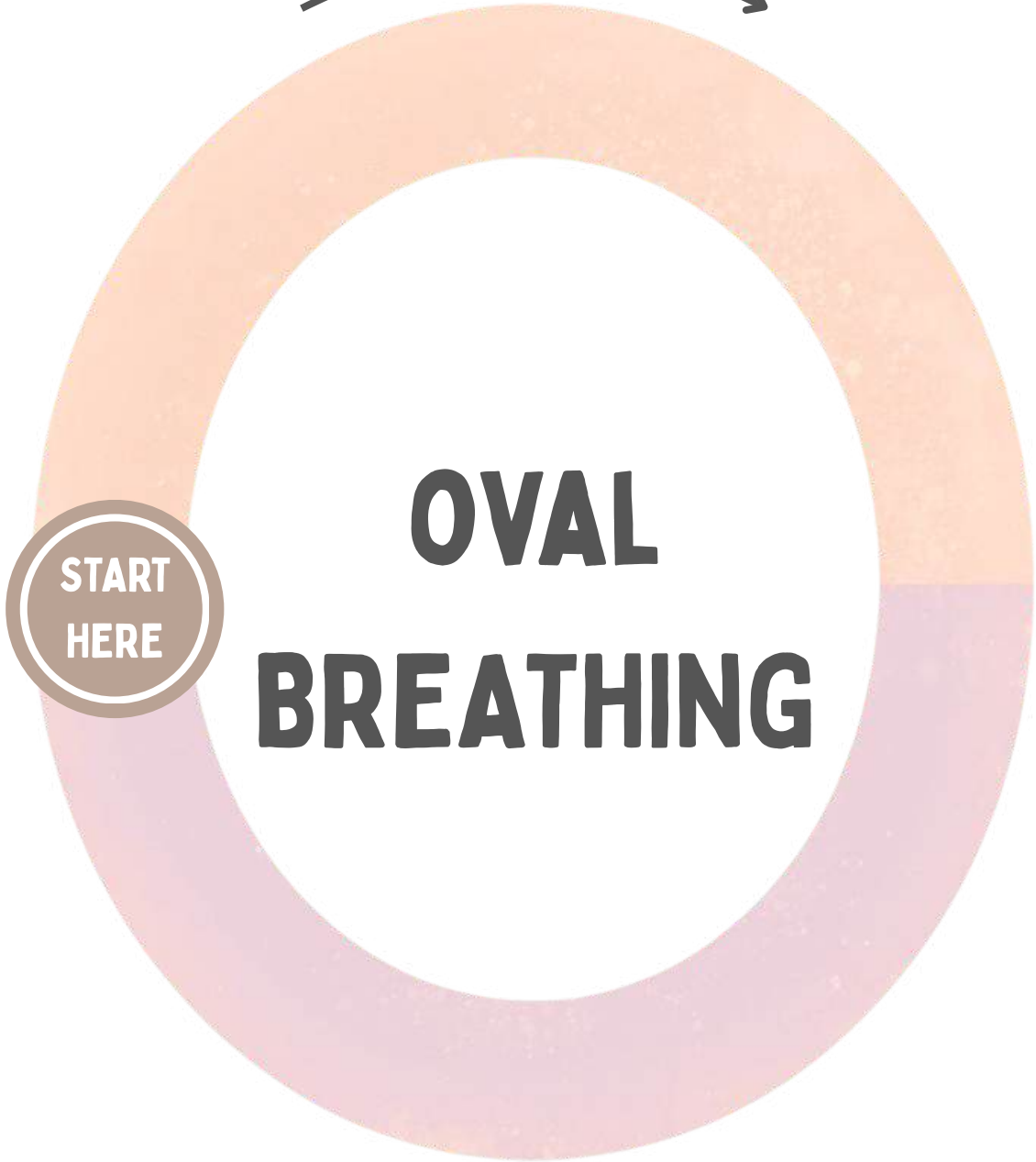
HOLD

BREATHE IN



BREATHE OUT

BREATHE IN

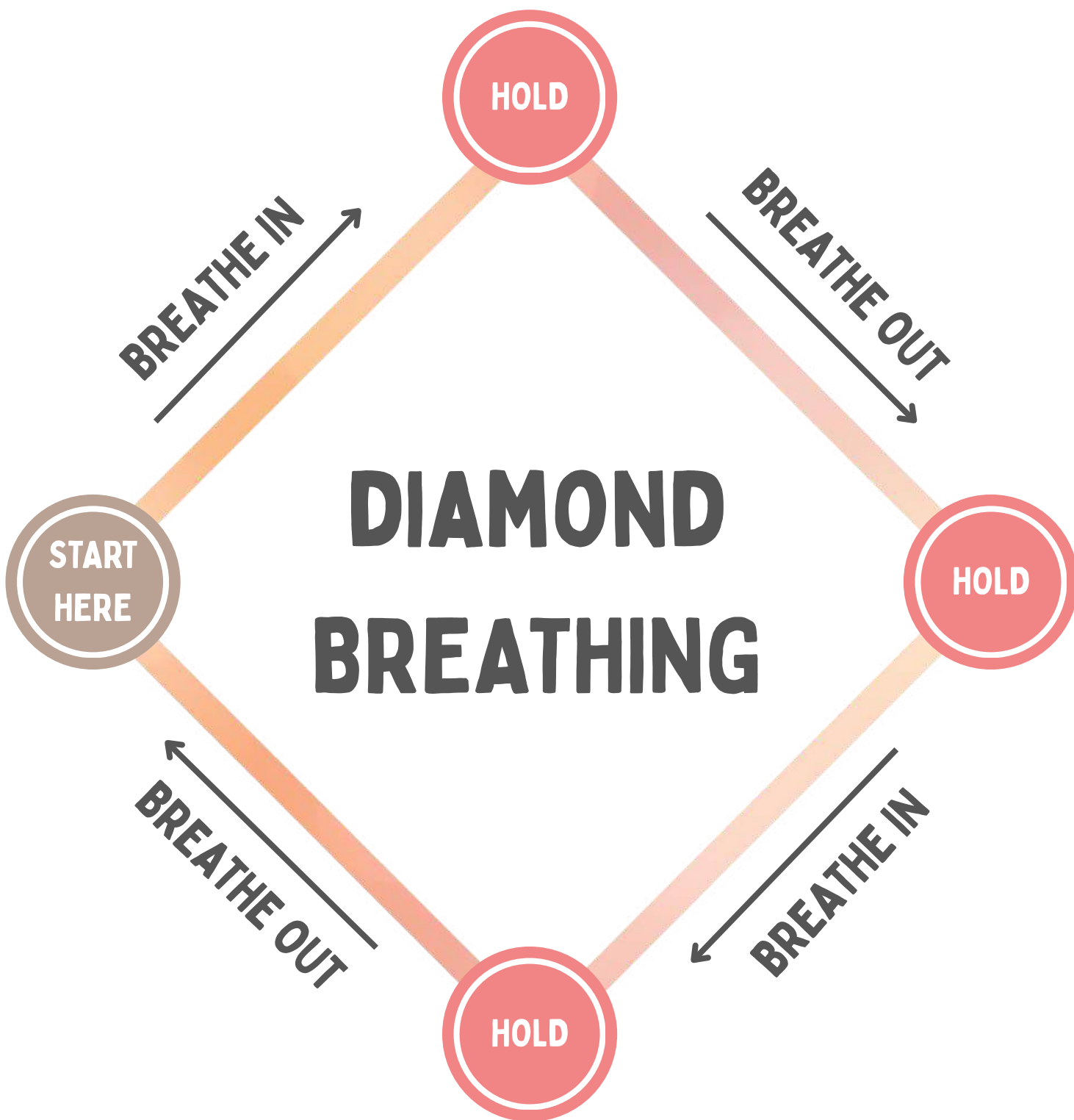


**OVAL
BREATHING**

**START
HERE**



BREATHE OUT



INFINITY LOOP BREATHING

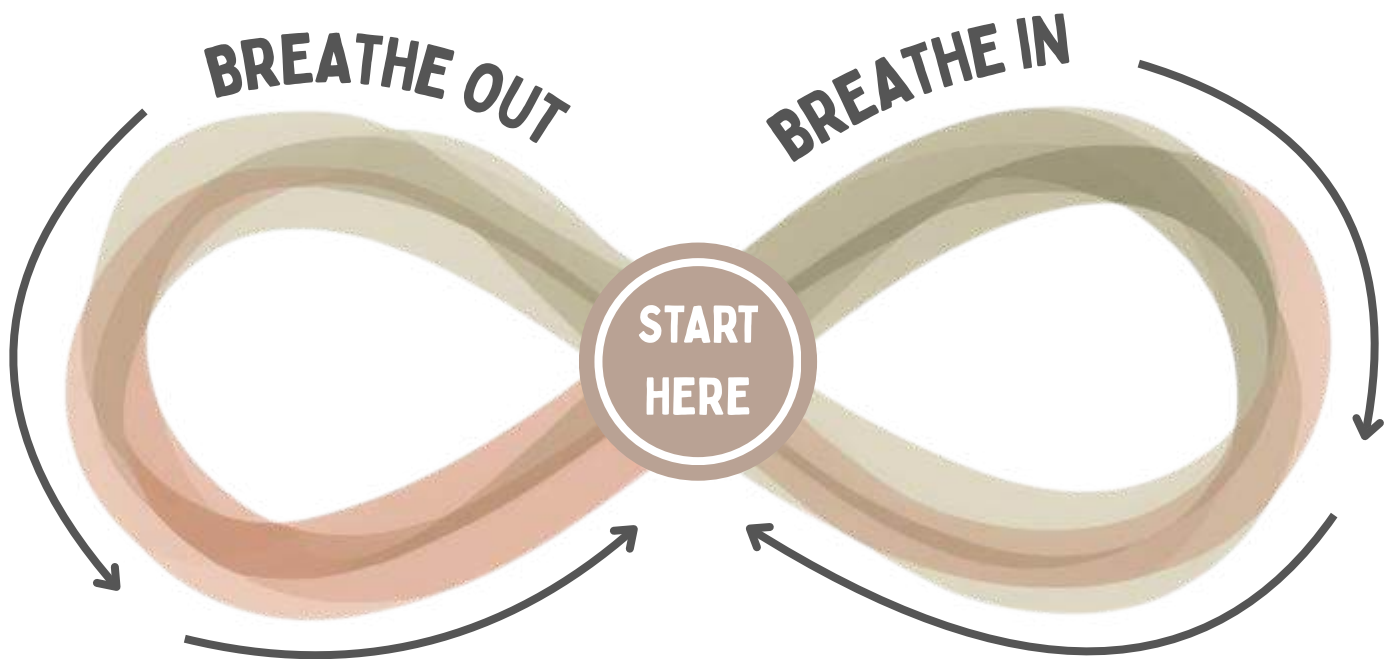
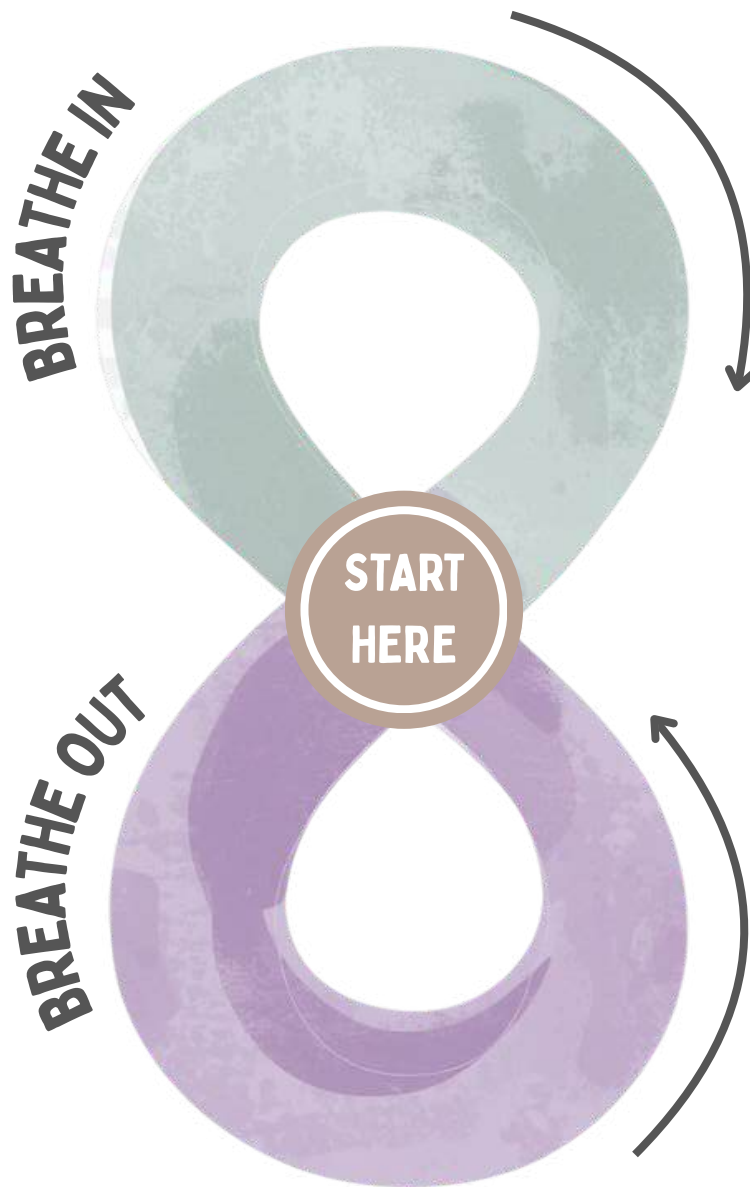
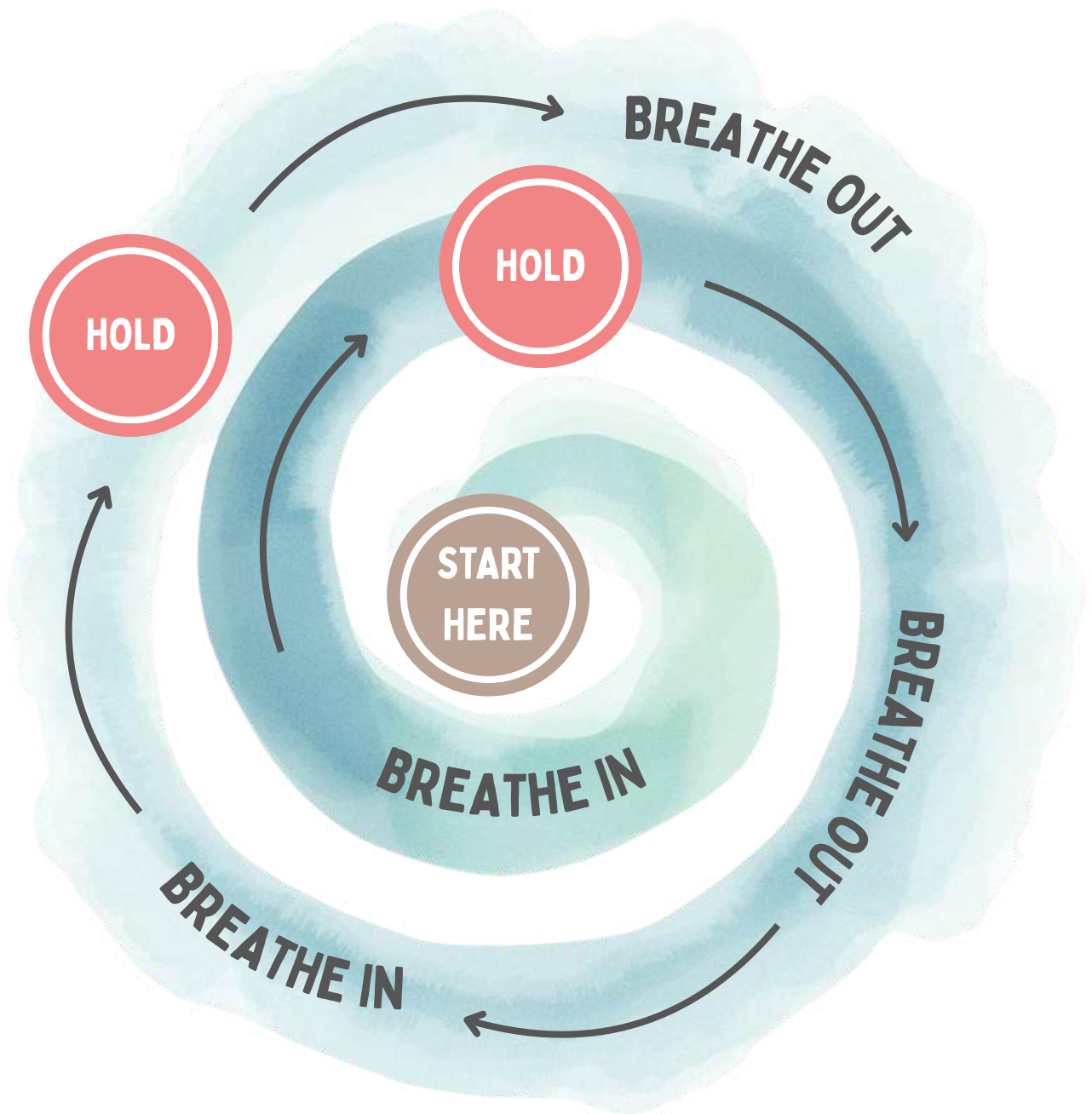


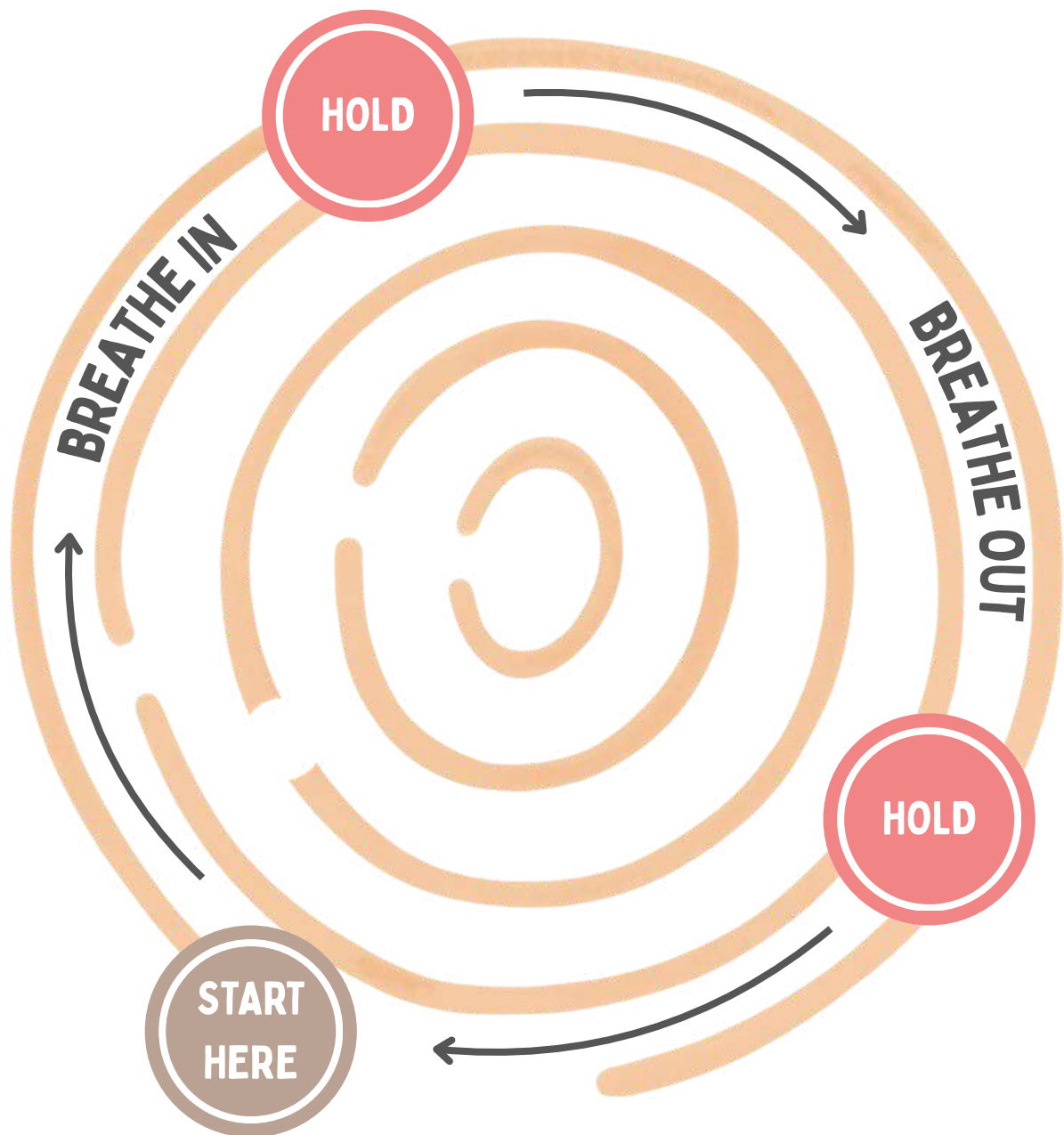
FIGURE 8 BREATHING



SPIRAL BREATHING



MAZE BREATHING



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