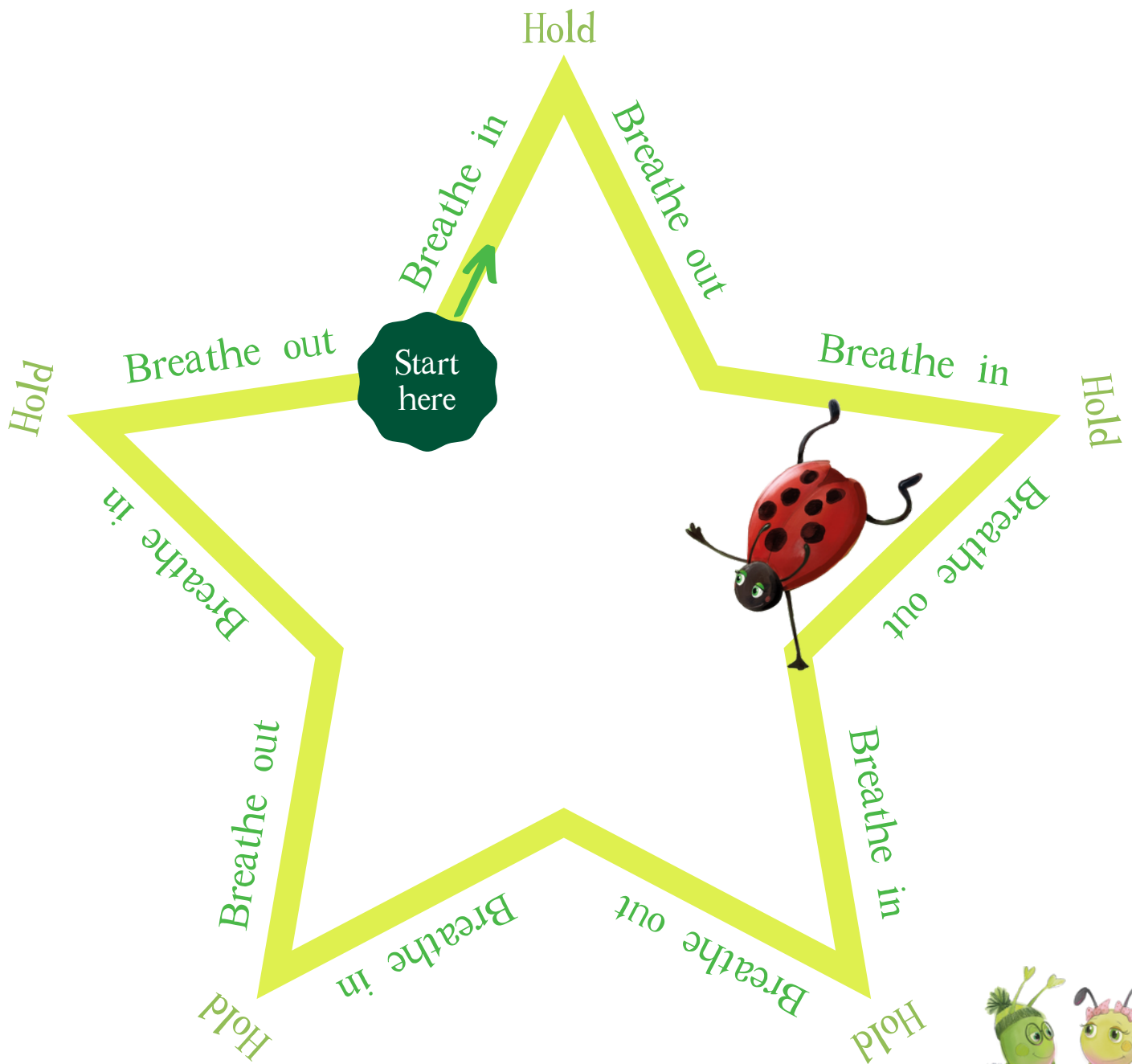




Calm yourself with a

# Star Breathing Brain Break

Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.





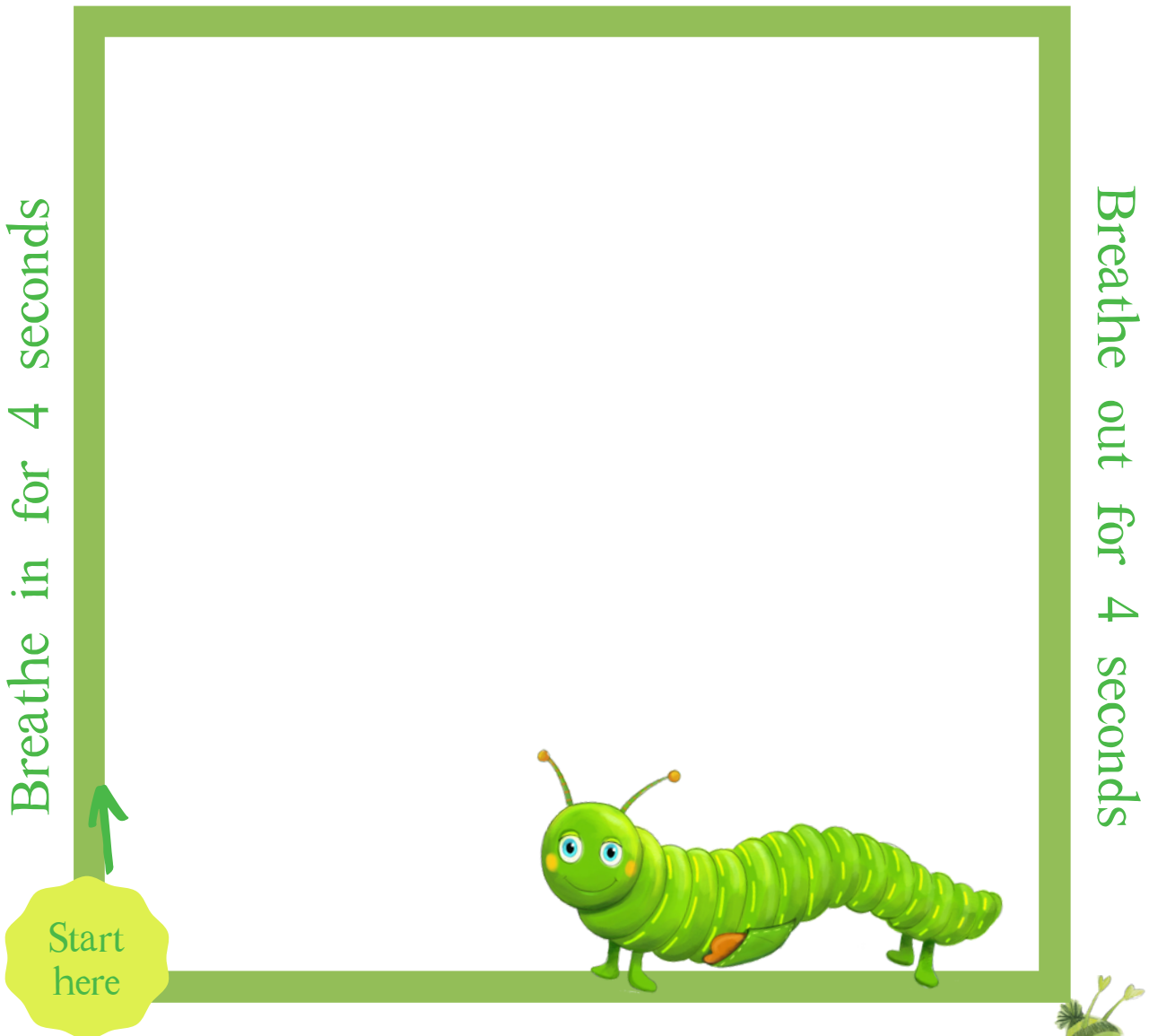
Calm yourself with a



# Square Breathing Brain Break

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

Hold for 4 seconds



Hold for 4 seconds





Calm yourself with a



# Triangle Breathing Brain Break

Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.



Breathe out for 3 seconds

