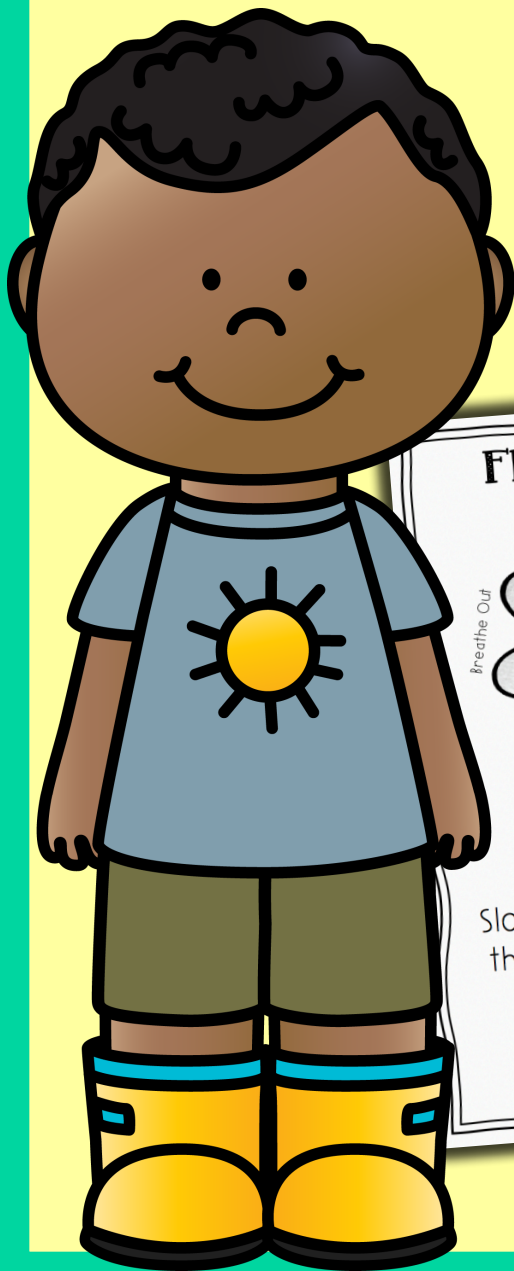


# Mindful Breathing Posters

FREE

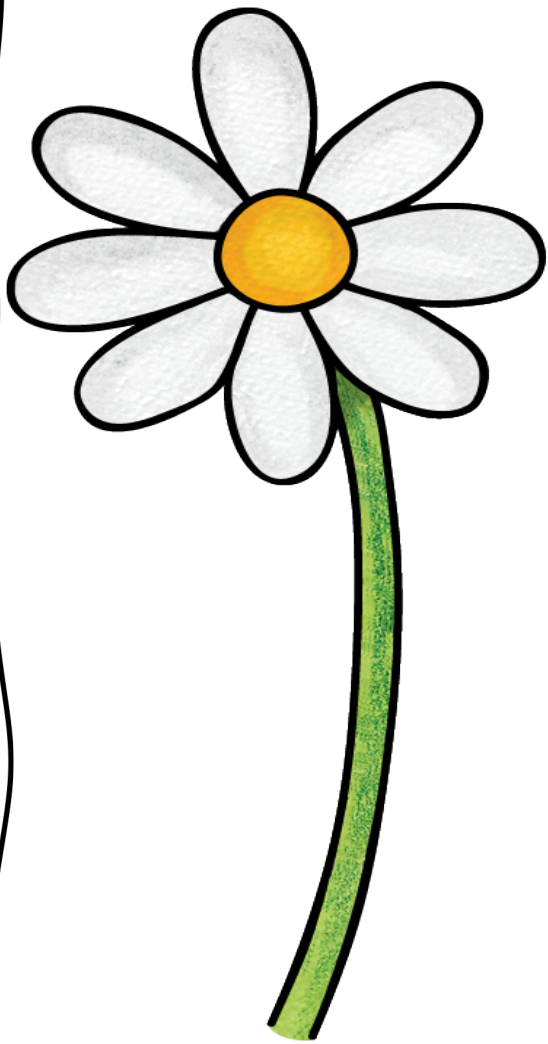


**Flower Breathing**  
Breathe Out  
Breathe In  
Slowly trace the flower petals.

**BREATHE IN**  
Pretend you are smelling a flower.

**BREATHE OUT**  
Pretend you are blowing a leaf.  
Breathe in for 2 petals, and breathe out for 2 petals.

**Leaf Breathing**  
Breathe Out  
Breathe In  
Slowly trace the leaf.  
Breathe in while tracing the right side, and breathe out while tracing the left side.

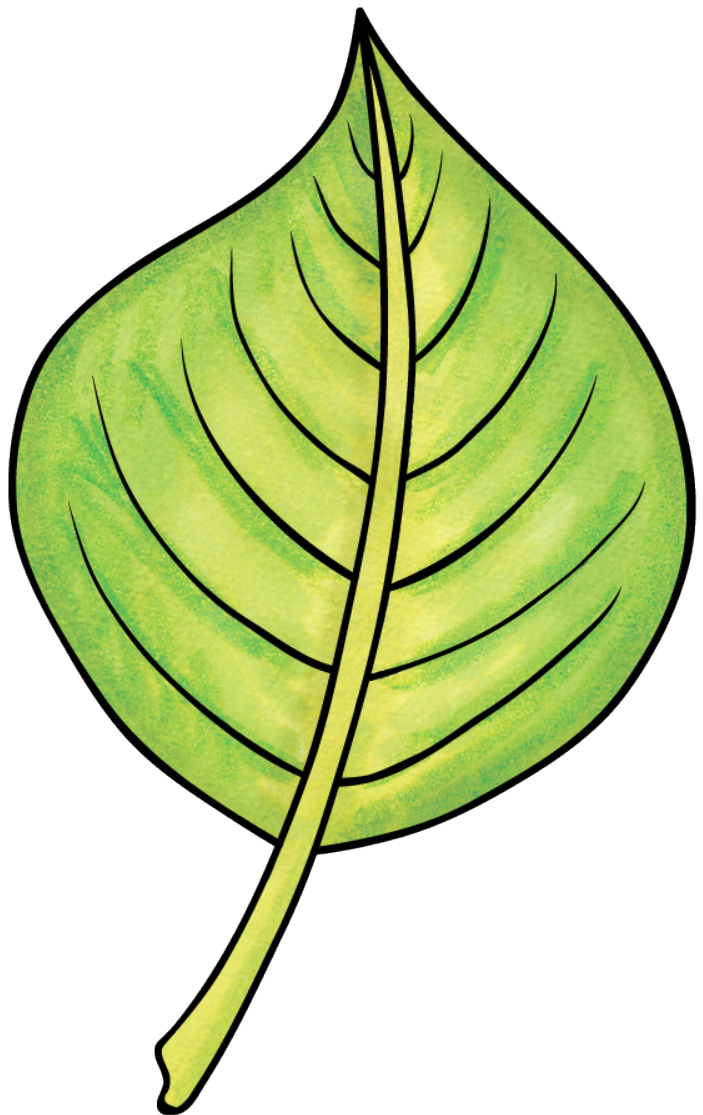


## BREATHE IN

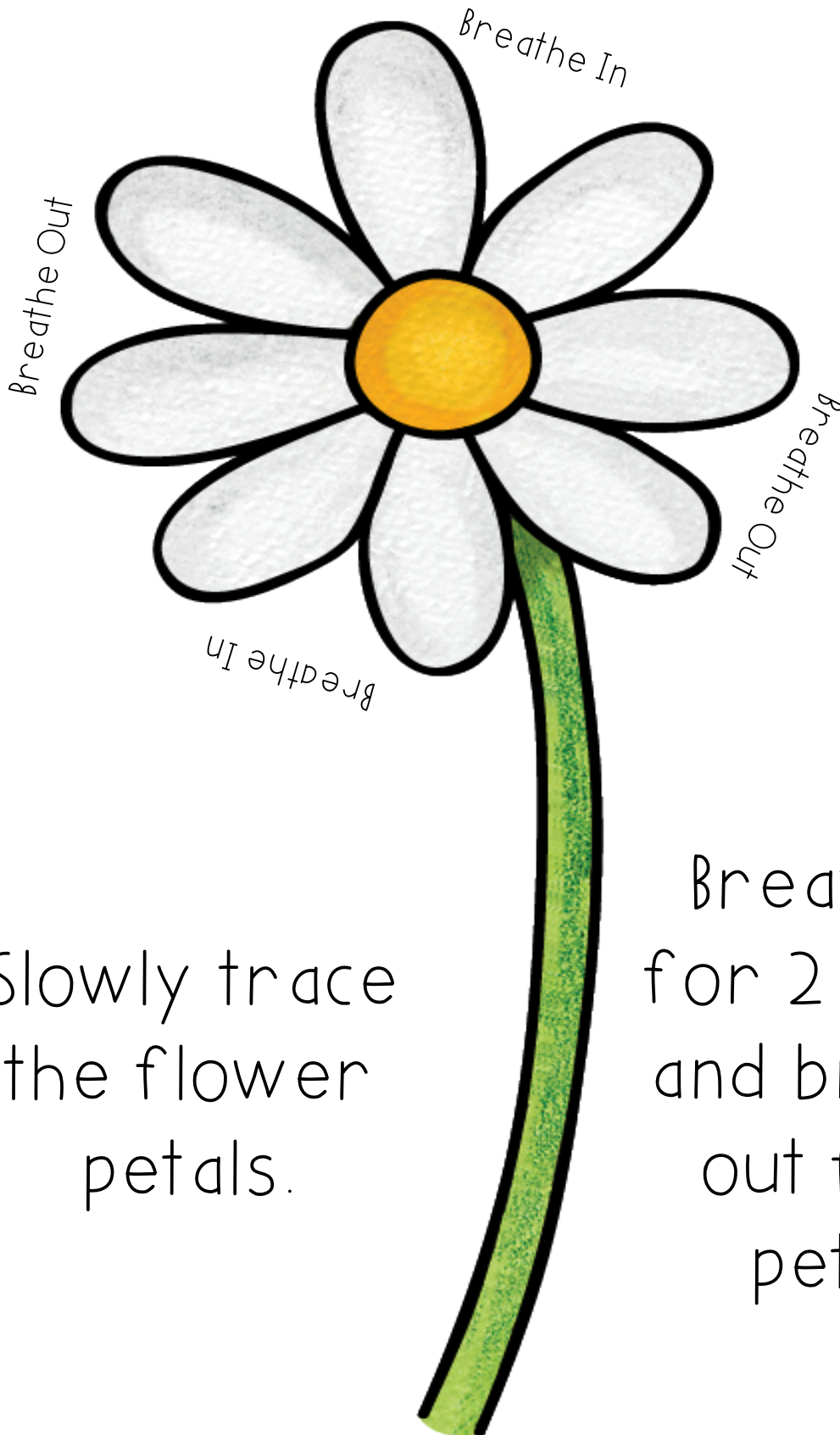
Pretend you  
are smelling a  
flower.

## BREATHE OUT

Pretend you  
are blowing a  
leaf.



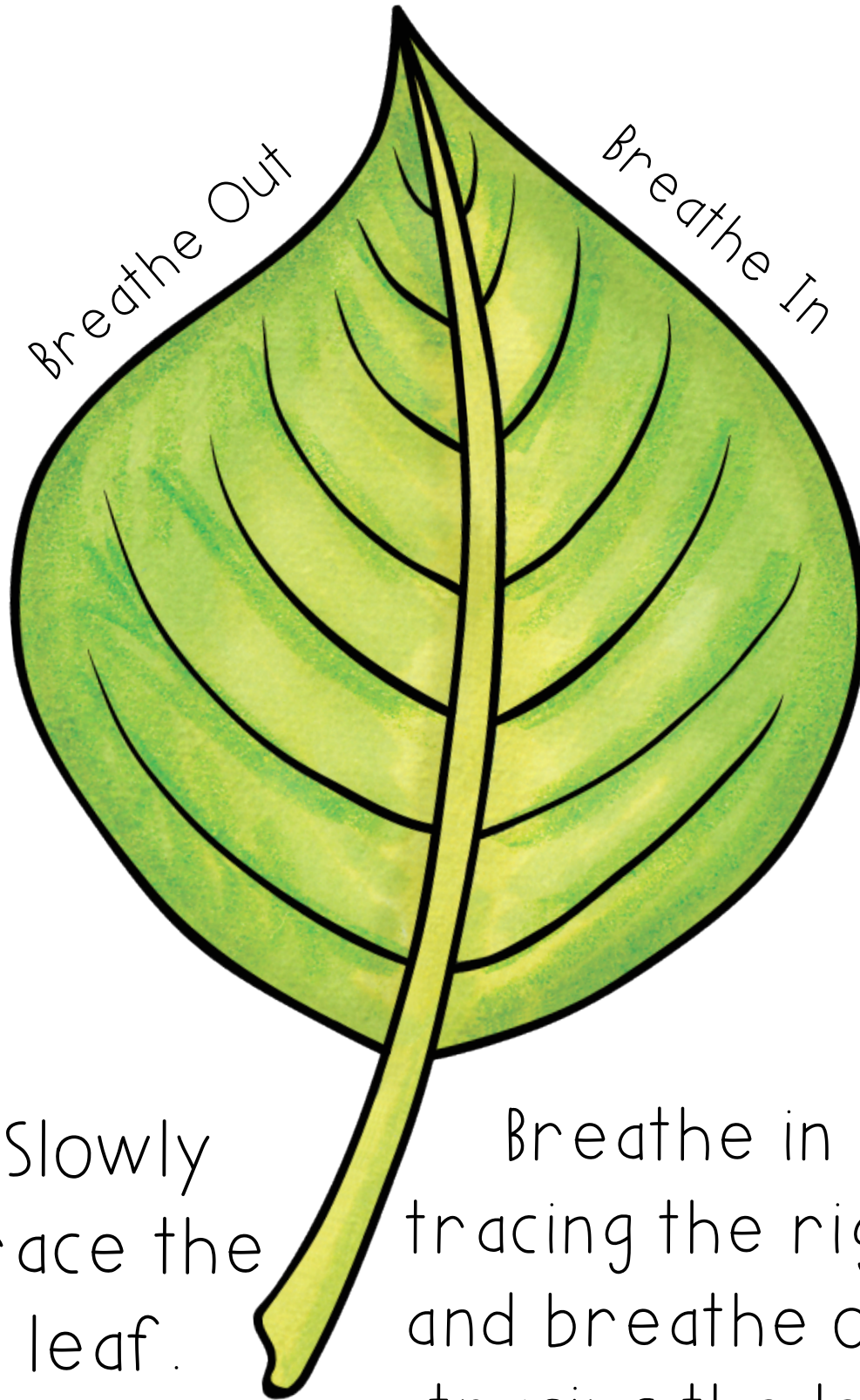
# Flower Breathing



Slowly trace  
the flower  
petals.

Breathe in  
for 2 petals,  
and breathe  
out for 2  
petals.

# Leaf Breathing



Breathe Out

Breathe In

Slowly  
trace the  
leaf.

Breathe in while  
tracing the right side,  
and breathe out while  
tracing the left side.