

Name: _____

Practicing Breathing Techniques

A graphic designer is a type of artist. Graphic designers use words and pictures to create a design. Graphic designers can make a design on anything! For example, graphic designers design t shirts or the front cover of a book!

Today, you will imagine that you are designing a deck of cards called “Cool Kids Cards: Practicing Breathing Techniques.” The cards will have descriptions of ways you can practice calm breathing. When people use calm breathing they help their minds and bodies relax.

Follow the steps below to create your own calm breathing cards. When you finish creating your cards, cut them out and place them in your room! You can practice calm breathing before bed. You can also use calm breathing when you are upset or before a big event, like a test.

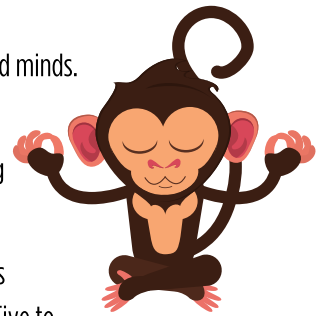
Step 1: Learn About Breathing Techniques

Before you design the calm breathing cards, you need to know why calm breathing is important.

Calm breathing is a way of deeply breathing in and out. When people breathe in this way, it helps them relax their bodies and minds. When you practice calm breathing, you might notice your muscles will relax and your mind is clear.

When people are upset or anxious, they can use calm breathing. You might see your favorite athletes practice calm breathing before a big game! You might also see your parents practice calm breathing when they are upset.

The best way to get really good at calm breathing is to practice. The calm breathing cards you are making today will help kids practice calm breathing every day. The best part is that you do not need to practice calm breathing for long periods of time. Five to ten minutes of calm breathing each day is a great place to start.



Step 2: Create Cards

There are a total of 8 boxes below and on the next page. Each box will be turned into a calm breathing card. Each box has a breathing exercise on it that is named after an animal. Read about each breathing exercise. After you read about an exercise, practice it! Then, design a picture to go at the bottom of the card.

Bee Breathing

- Sit comfortably in a chair or on the ground.
- Breathe in through your nose.
- Breathe out and make a buzzing sound like a bee.

Elephant Breathing

- Stand with your feet apart.
- Bend over and dangle your arms in front of your body like an elephant trunk.
- Breathe in through your nose and slowly raise your arms above your head.
- Breathe out through your mouth and lower your arms in front of your body.

Snake Breathing

- Sit comfortably in a chair or on the ground.
- Breathe in through your nose.
- Breathe out and make a hissing sound like a snake.

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Lion Breathing

- Kneel on your knees. Then, sit back on your heels.
- Spread your fingers wide, and press your hands onto your knees.
- Take a deep breath through your nose.
- Open your mouth, stretch out your tongue, and breath out through your mouth while you make a “roaring” noise.

Camel Breathing

- Sit comfortably in a chair or on the ground.
- Breathe in deeply.
- Breathe out and put your tongue out.

Whale Breathing

- Sit comfortably on the ground.
- Take a deep breath in slowly.
- Tilt your head to the sky and blow out through your mouth, like a whale blowing water out of its blow hole.

Fish Breathing

- Sit comfortably on the ground.
- Take a deep breath in slowly.
- As you blow out, pretend you are blowing bubbles.

Monkey Breathing

- Lay comfortably on the ground.
- Place one hand on your belly.
- Breathe in and out slowly as you feel how your belly moves.

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Step 3: Design the box

The cards will come in a box. Design the front of the box below. Use words and pictures to create your design.

Cool Kids Cards:

Practicing Calm Breathing

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Step 4: Create a flyer

In the box below, fill out the information that needs to go on your flyer. Then, add pictures or other designs to complete the flyer.

Optional things you can add to your flyer:

- A testimonial from someone who has used the cards. A testimonial is a sentence that gives someone's opinions on about a product.
- Price of deck of cards
- Places people can buy the cards
- Picture of a kid using the cards

Cool Kids Cards: Practicing Calm Breathing

Reasons why kids should buy the cards:

1. _____
2. _____

Reasons it is important to practice calm breathing:

1. _____
2. _____

Situations when kids can use calm breathing:

1. _____
2. _____
3. _____