



Breathe in to a count of 4

Pause for 4



Hold for 4

Breathe out to count of 4

As you show this technique to kids for the first time, draw a square in the air (or show them this visual) with your finger. Begin in the upper left corner and model while using your finger to draw a square in the air or trace the square in this image. After you have modeled it for kids, invite them to join you by drawing their own square in the air.

- 1. Breathe in to a count of 4**
- 2. Hold breathe for a count of 4**
- 3. Breathe out to a count of 4**
- 4. Pause for a count of 4**
- 5. Repeat**