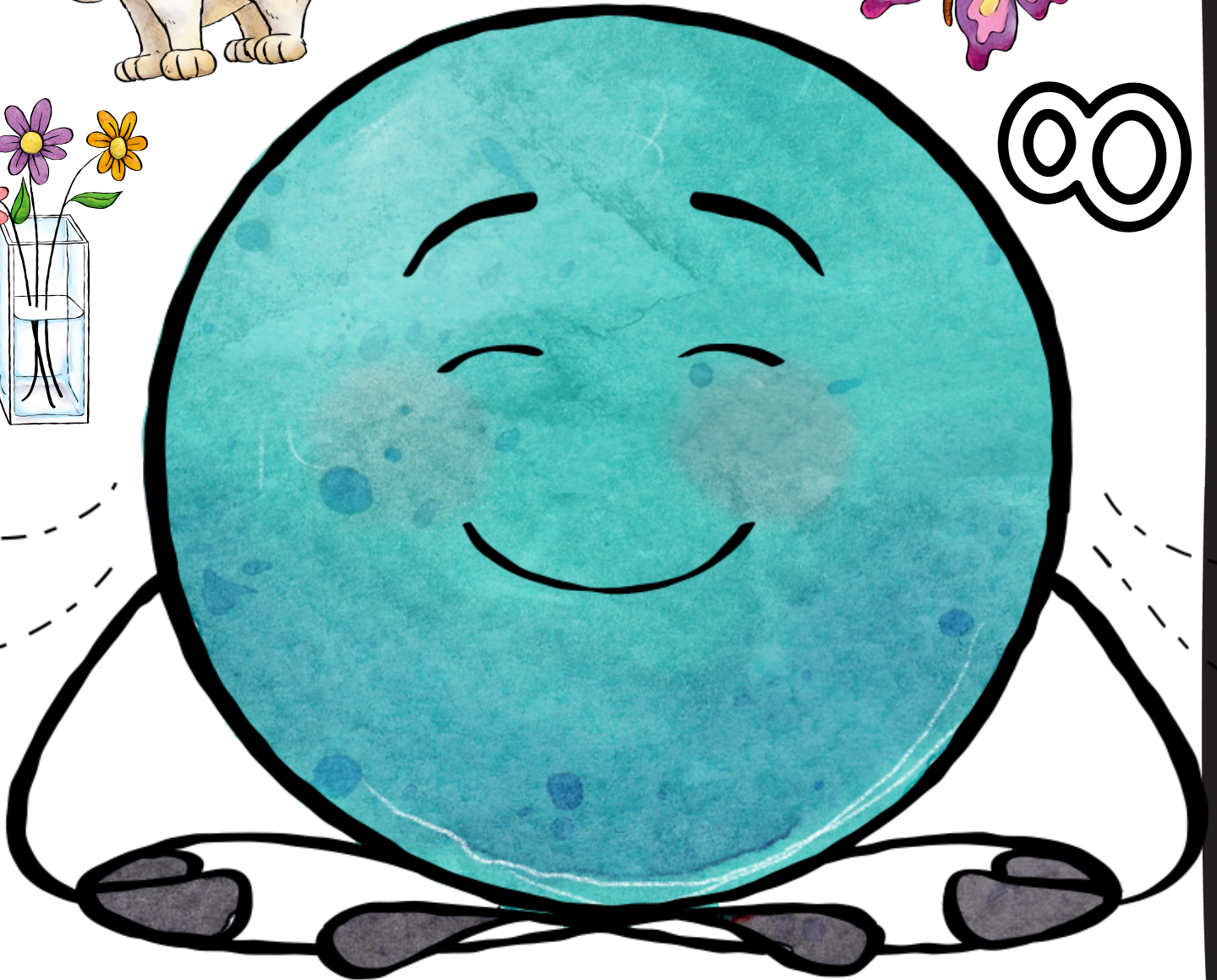
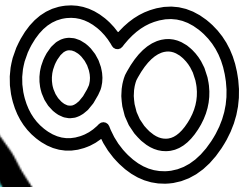
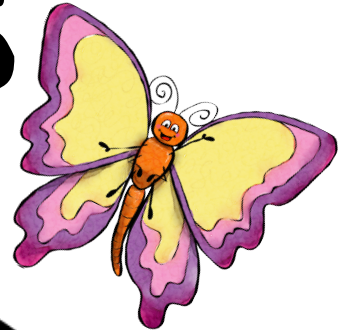


MINDFUL BREATHING POSTERS



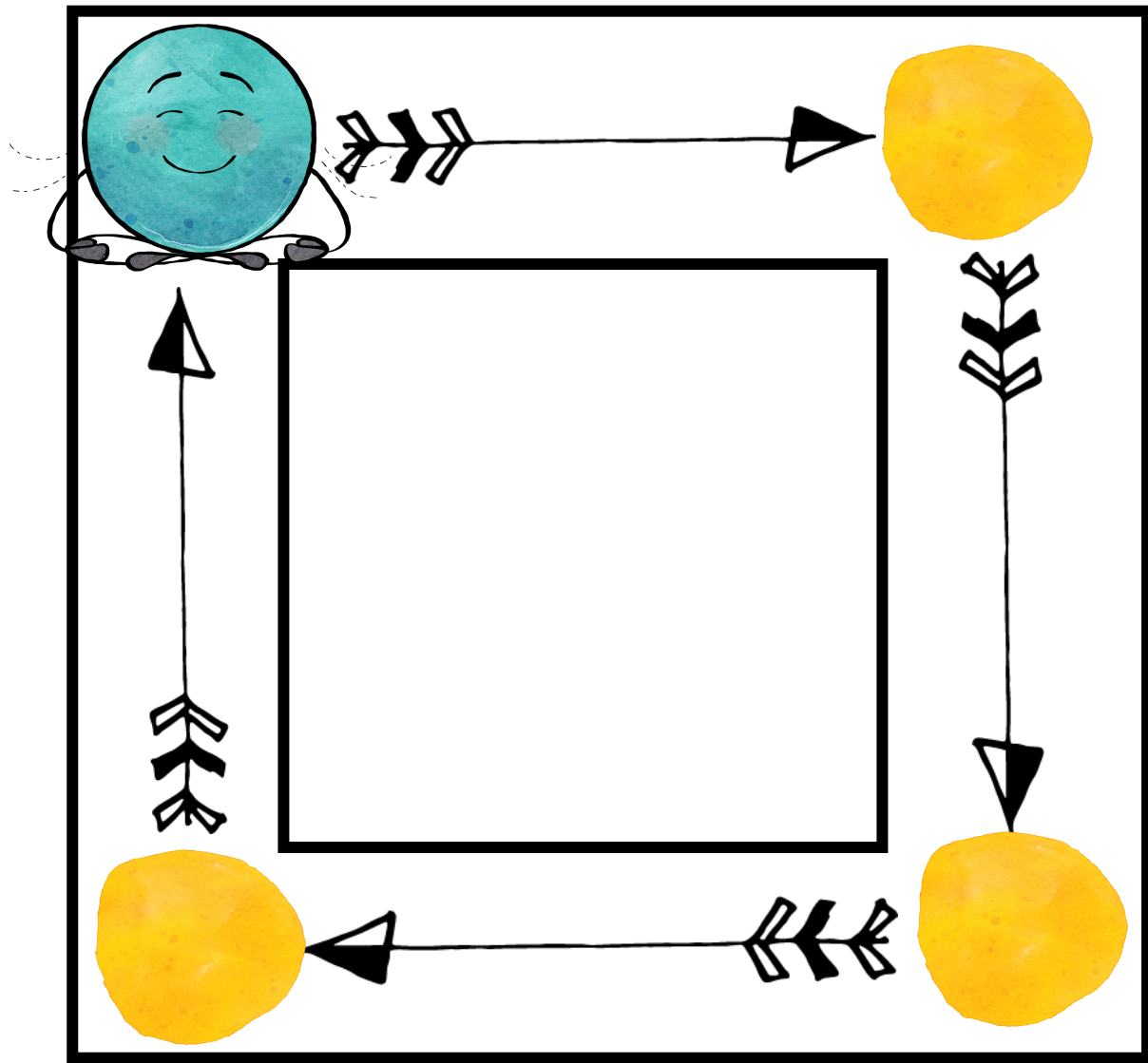
BREATHING POSTERS

Ways To Use These Breathing Posters:

1. Hang up as part of a calming area in your room.
2. Use as centers in a class on mindful breathing techniques
3. Print on card stock and laminate and use as finger tracing boards for students using mindful breathing.

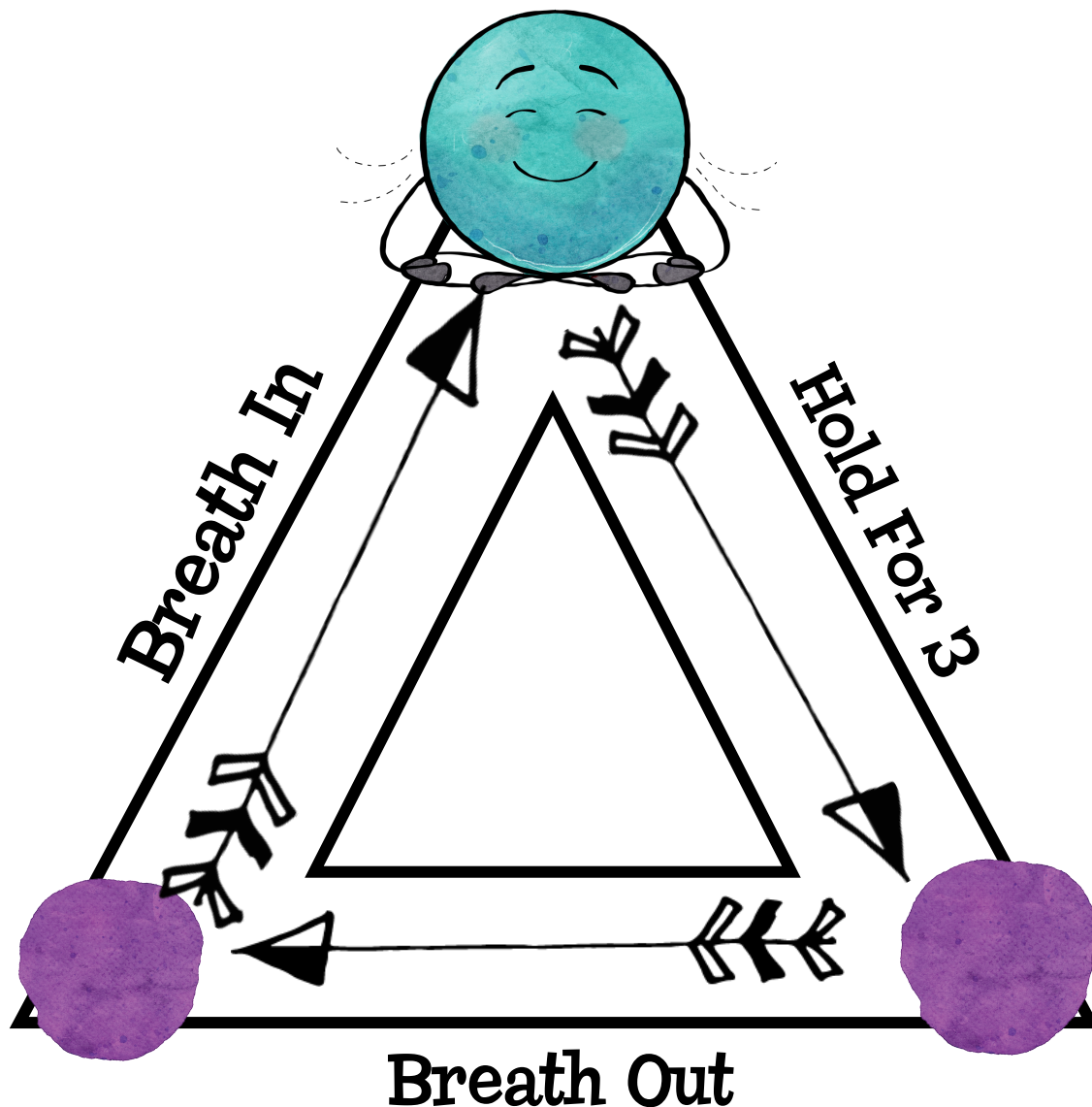
There are also pocket size versions of the breathing exercises that can be used on key rings and placed in calm down classroom kits, or place the cards in a bowl for students to take after lessons, small groups, or individual sessions.

BOX BREATHING



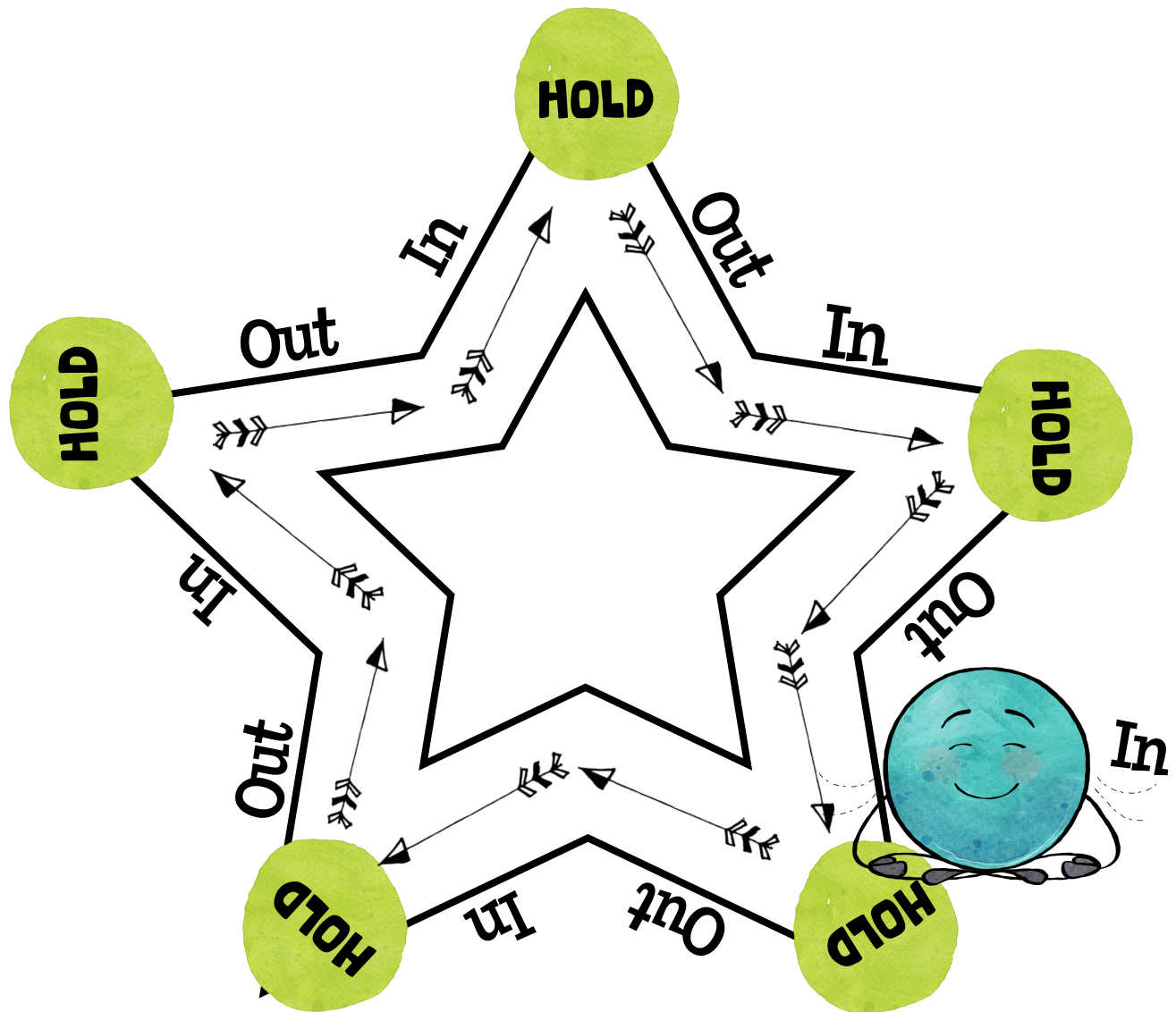
- Place your finger on the dot. Take a deep breath in and count to 4.
- Move your finger to follow the arrows and let out your breath.
- Breathe in at each corner and hold to the count of 4.

TRIANGLE BREATHING



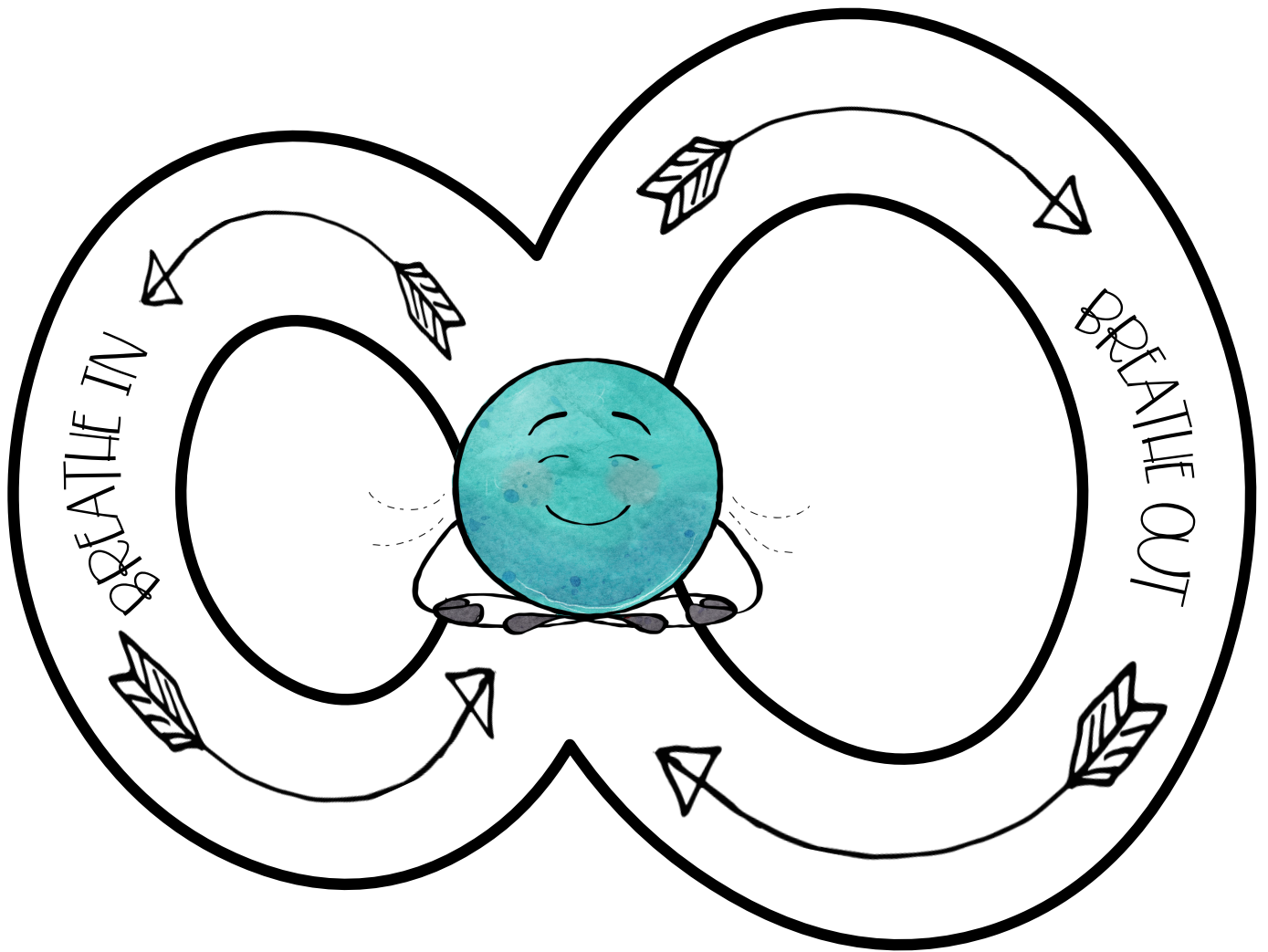
- Place your finger on the dot. Take a deep breath in.
- Move your finger to follow the arrow and hold your breath to the count of 3.
- Follow the last arrow and let out your breath.

STAR BREATHING



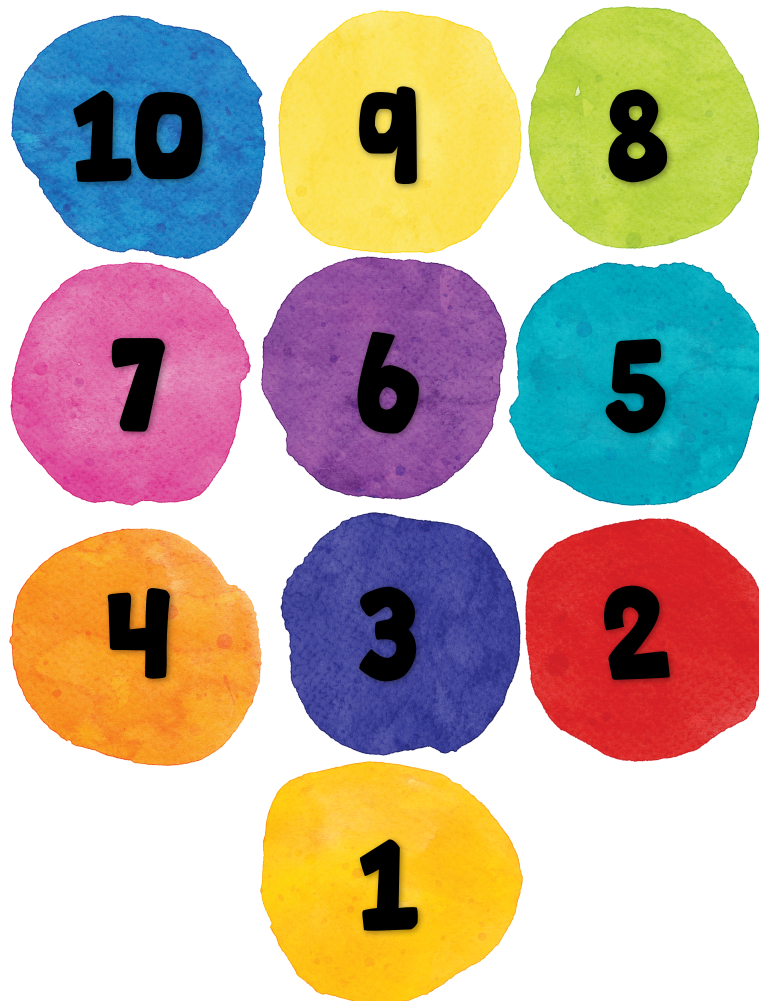
- Place your finger on the start dot. Take a deep breath in and move to the next dot.
- On the dot, hold your breath for the count of 3.
- Then breathe out and repeat until you are around the star.

LAZY 8 BREATHING



- Place your finger on the dot.
- Trace the 8 and take a deep breath and then let it out.

MINDFUL DOTS BREATHING



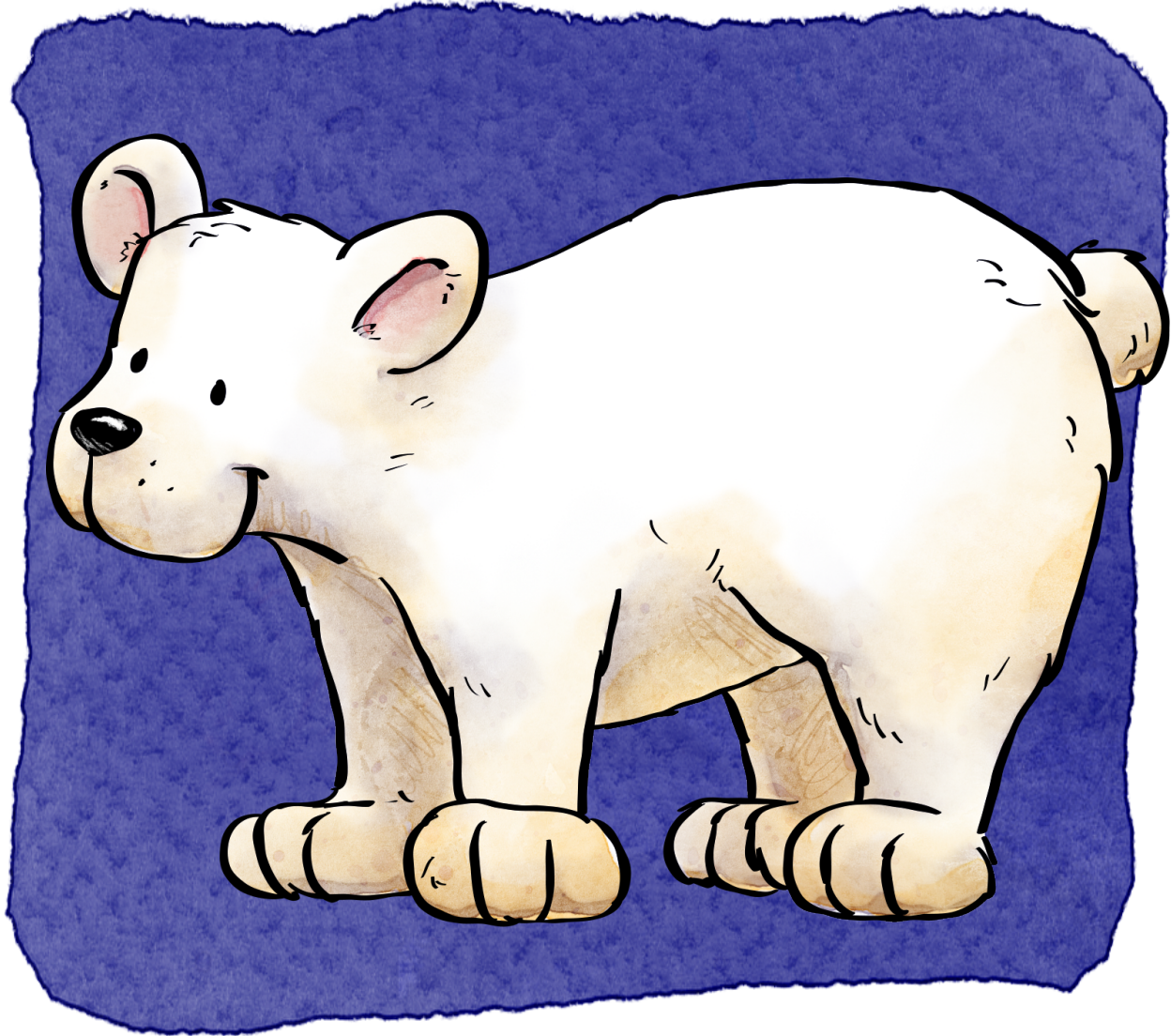
- Place your finger on the dot 10, take a deep breath and slowly release it.
- Move your finger and count down slowly to 1.
- Remember to breathe in and out on each dot.

CUPCAKE BREATHING



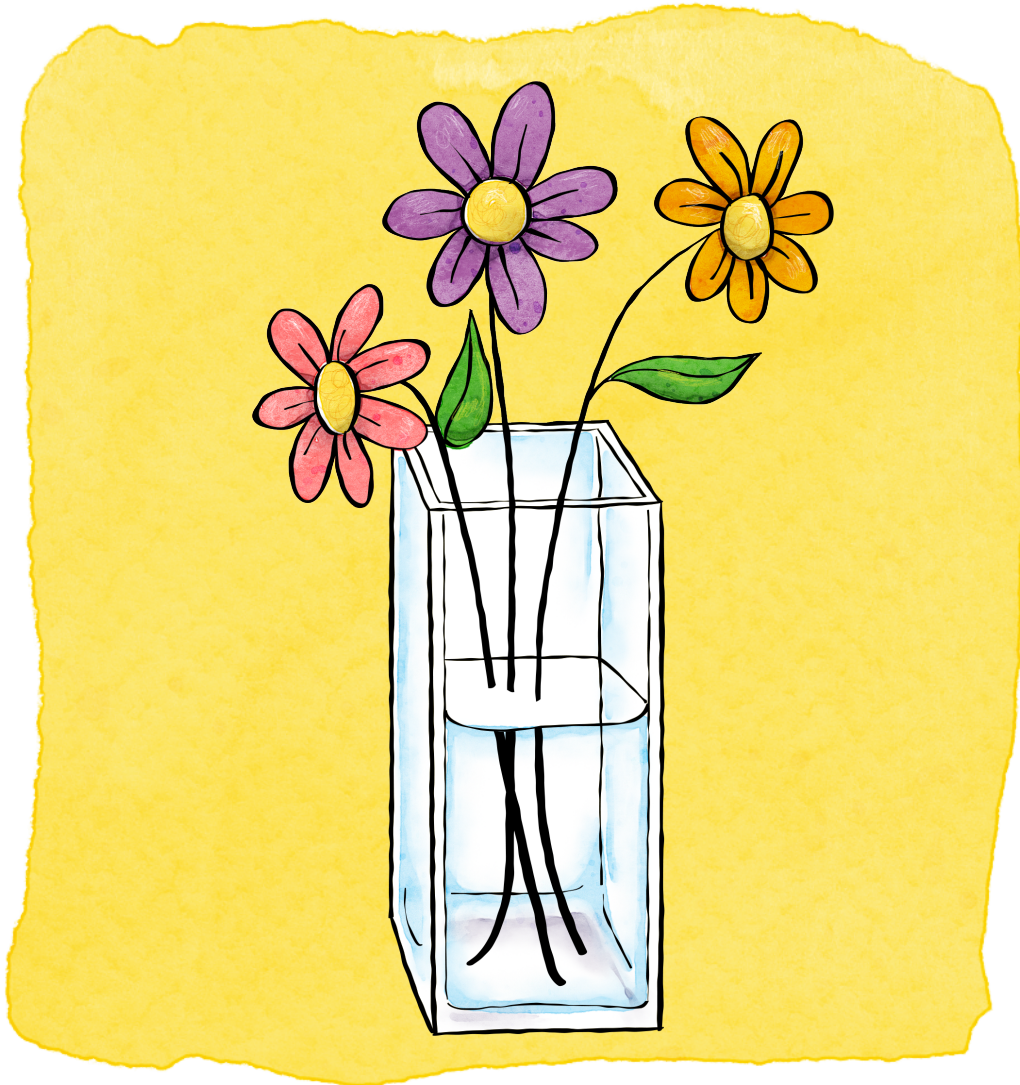
- Take a deep breath in and smell the frosting.
- Blow out the candle.

POLAR BEAR BREATHING



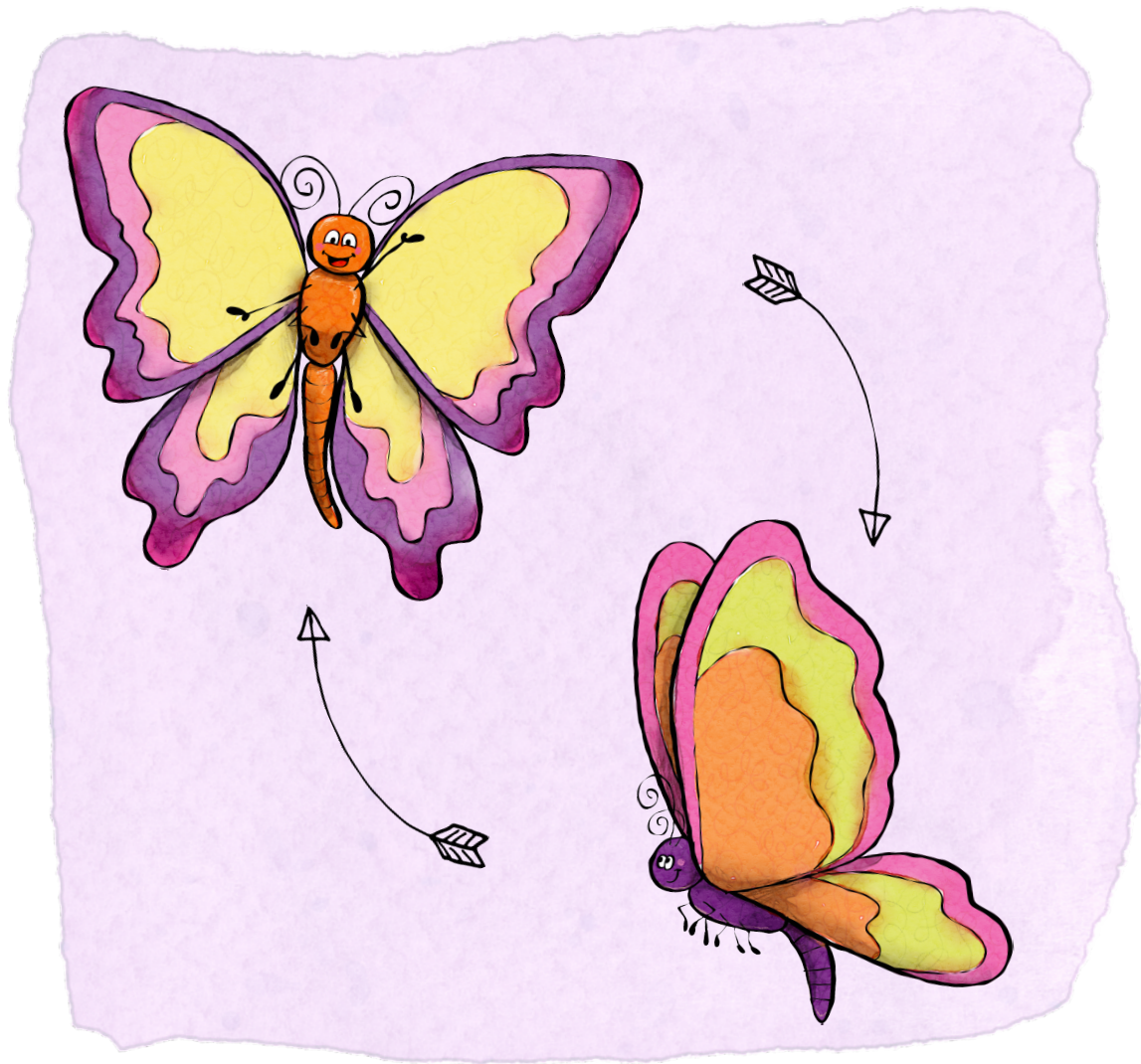
- Imagine you are a polar bear.
Take a big breath in through your
nose. Hold it.
- Breathe out through your nose.

FLOWER BREATHING



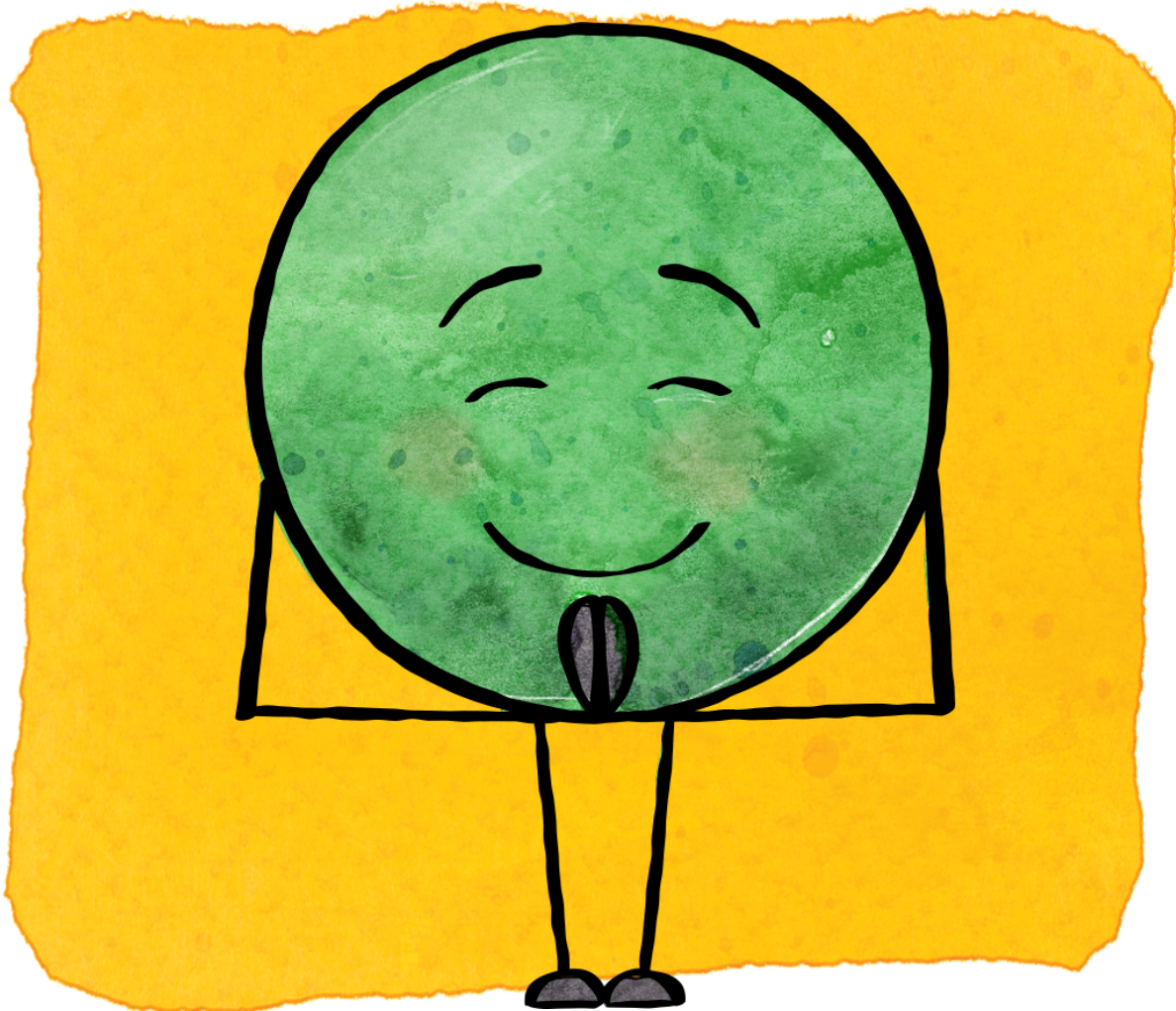
- Imagine smelling a flower. Take a deep breathe in and hold it.
- Let out your breathe and repeat 3 times.

BUTTERFLY BREATHING



- Take a deep breath as you open your arms (wings).
- Let your breathe out as you bring your wings together.

BODY SCAN



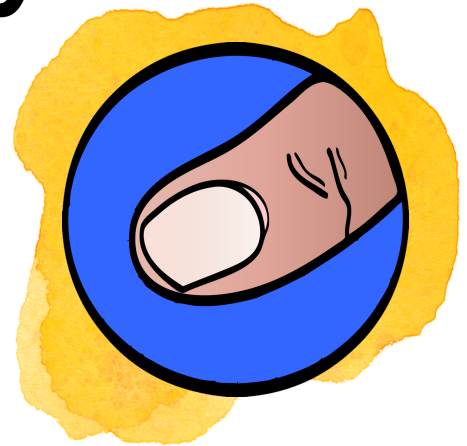
Take a Scan of Your Body. Start with your toes.

- Move your toes back and forth.
 - Move your calves and flex them up and down.
 - Take a few deep breathes, and notice how your chest rises and falls with each breath.
 - Move your shoulders and shrug them up to your ears and down again.
 - Move your fingertips.
 - Rotate your neck and head to the left and then to the right.
- Notice how your body feels as you move your body and again after you take your scan.**

GROUNDING



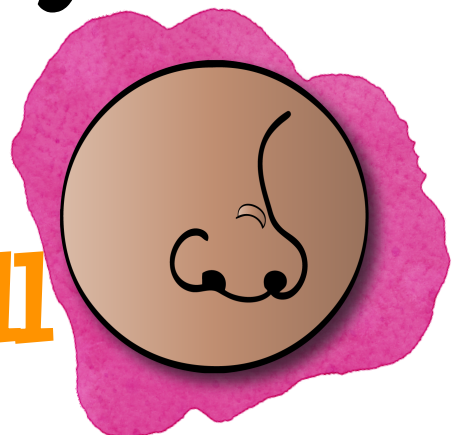
Describe **5**
Things you **See**



Describe **4**
Things you **Feel**



Describe **3**
Things you **Hear**



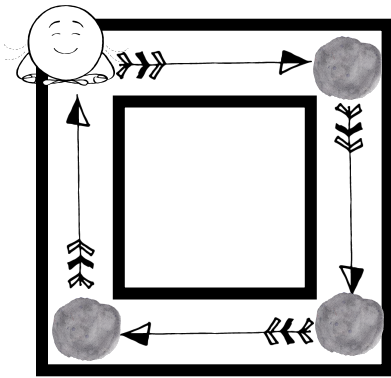
Describe **2**
Things you **Smell**



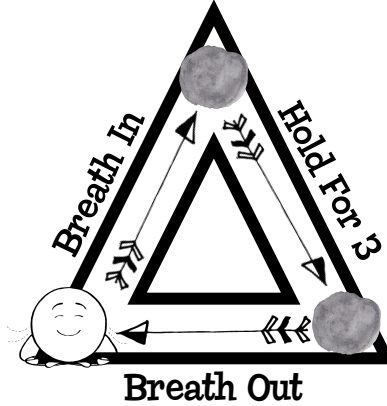
Describe **1**
Things you **Taste**

BREATHING EXERCISES: Print double sided with breathing instructions on back. Laminate, cut apart and place on key ring.

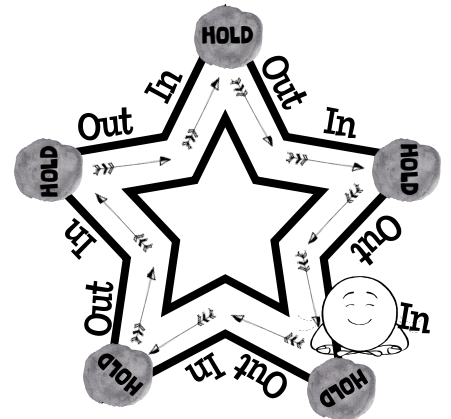
BOX BREATHING



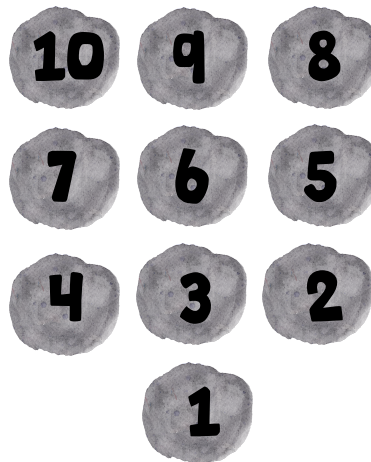
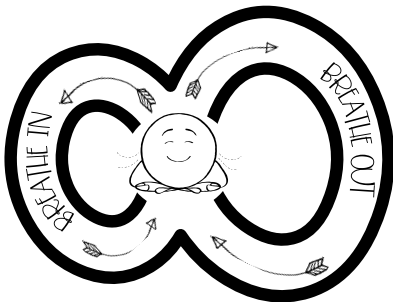
TRIANGLE BREATHING



STAR BREATHING



LAZY 8 BREATHING

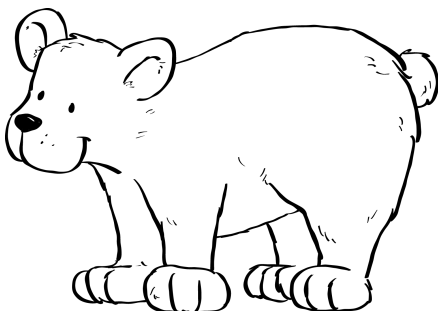


MINDFUL DOTS

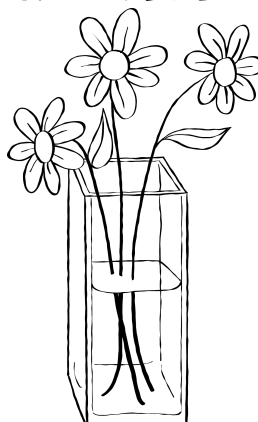
CUPCAKE BREATHING



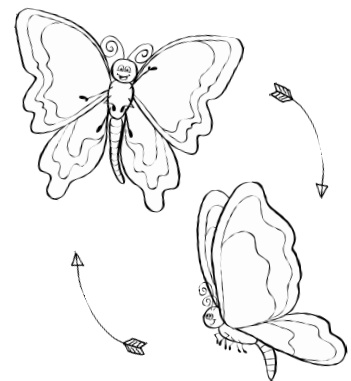
POLAR BEAR BREATHING



FLOWER BREATHING



BUTTERFLY BREATHING



BREATHING INSTRUCTIONS

STAR BREATHING

- Place your finger on the start dot. Take a deep breath in and move to the next dot.
- On the dot, hold your breath for the count of 3.
- Then breathe out and repeat until you are around the star.

TRIANGLE BREATHING

- Place your finger on the dot. Take a deep breath in.
- Move your finger to follow the arrow and hold your breath to the count of 3.
- Follow the last arrow and let out your breath.

BOX BREATHING

- Place your finger on the dot. Take a deep breath in and count to 4.
- Move your finger to follow the arrows and let out your breath.
- Breathe in at each corner and hold to the count of 4.

CUPCAKE BREATHING

- Take a deep breath in and smell the frosting.
- Blow out the candle.

MINDFUL DOTS

- Place your finger on the dot 10, take a deep breath and slowly release it.
- Move your finger and count down slowly to 1.
- Remember to breathe in and out on each dot.

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- Place your finger on the dot.
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BUTTERFLY BREATHING

- Take a deep breath as you open your arms (wings).
- Let your breathe out as you bring your wings together.

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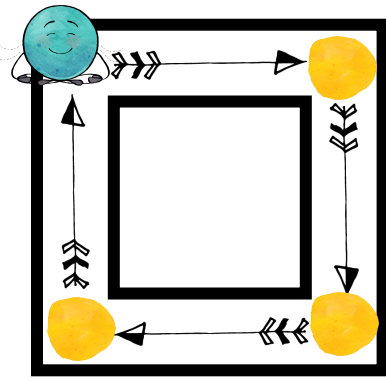
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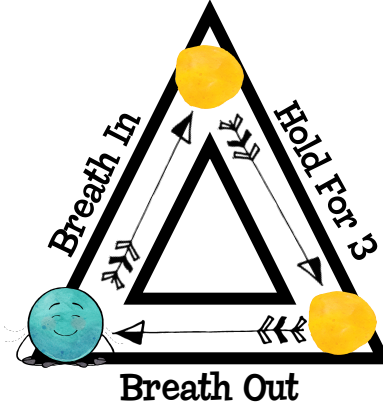
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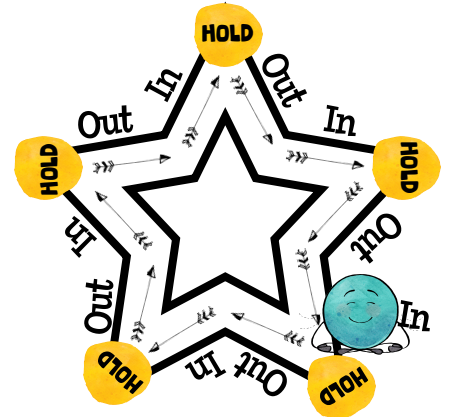
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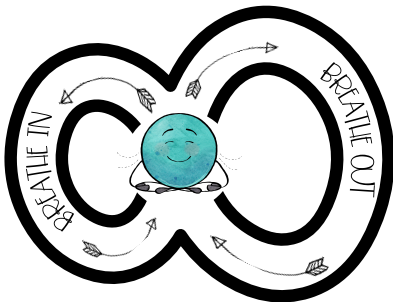
TRIANGLE BREATHING



STAR BREATHING



LAZY 8 BREATHING

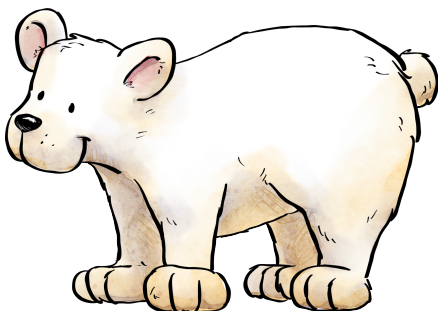


MINDFUL DOTS

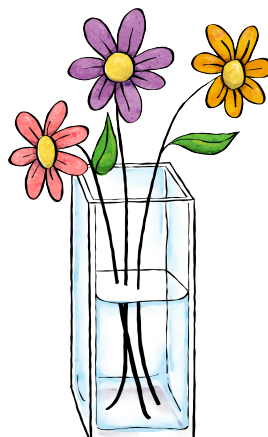
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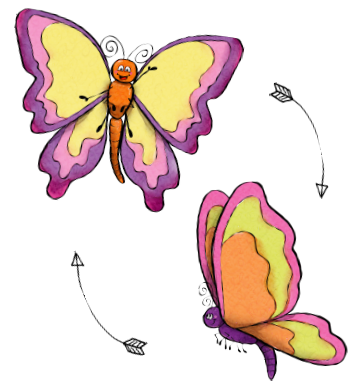
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MEET CAROL MILLER THE MIDDLE SCHOOL COUNSELOR



I am a school counselor from Lansing, NY. I have 25 years experience as a counselor in all 3 levels, elementary, high school and currently, middle school. I was awarded the NY School Counselor of the Year Award in 2014 and was the NY Representative for the American School Counselor of the Year Award at the White House in January of 2016. School Counseling is my passion.

I co-sponsor the School Counselor Community Scholarship, and delight that I get to help counselors each year attend the ASCA conference. I also have served as the VP for Middle Level Counselors with NYSSCA and have recently been elected to President Elect. I am a strong proponent for school counseling programs, and I am always looking for ways to help my fellow colleagues.

My lessons are designed using the ASCA National Model and lesson plans align with the corresponding Mindsets and Behaviors. I strive to help students find personal, academic, career, and social/emotional success.

HELPING STUDENTS REACH FOR THE STARS...

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KPM Doodles



Thank you for downloading this resource! I hope it helps you to make your life a little easier and your students a little happier.

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Carol Miller

Comments and Ratings

I am so excited to begin using this with my students, there were just enough options to consider to facilitate a thoughtful discussion without interrupting the flow of activity ... perfectly formatted for easy printing and construction/preparation. Thank you!

Total: ★★★★★ 4.0
Overall Quality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Practicality ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Creativity ★★★★★ 4.0
Clarity ★★★★★ 4.0

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