



Directions: Cut along the dotted line. Cut out the 4 Take a Deep Breath squares above. Teach the child deep breathing. Instruct them to take a deep breath in through your nose as if you are smelling flowers. Then slowly blow the air out of your mouth like you are blowing out candles. Each time the child takes a deep breath place a square on top of the deep breath squares above. Complete 4 deep breaths while focusing on calming down. Store in a file folder or envelope.

[www.YourTherapySource.com](http://www.YourTherapySource.com)

