

Breathing Card Example

Smell the Flower/Blow Out the Candle

Directions

Use this visual support to guide an individual through deep breathing when they are feeling anxious, stressed, overwhelmed, or anytime to calm the body and mind. The card can be placed in a specific area or travel with the individual.

As the arrows indicate, the individual should follow these steps:

- Begin at the picture of the flower and take a slow, deep breath in through the nose
- Follow the arrows to the picture of the candle slowly exhaling out through the mouth in a steady rhythm of slow and controlled exhales.
- Repeat this cycle until the individual appears to be calm and regulated.

