

# Breathing Card Blank Template

## Directions

Cut out and use this blank template to create a personalized breathing card that guides an individual through controlled breathing exercises.

To help the individual understand the breathing sequence, attach, draw, or write in real images, icons, symbols, written words, or other visuals to support each step. The visual supports selected should be easily relatable and understood by the individual. Place the breathing card in a designated break area and/or make it portable to use as needed throughout the day.

Example breathing cards can be found on the [OCALI Autism Center Grab and Go Resource Gallery of Interventions](#) page.

