

# Two Circles Breathing Card Template

## Directions

Cut out and use this blank breathing card template to create a personalized breathing card that guides an individual through controlled breathing exercises. Attaching, drawing, or writing in visuals to both circles may be helpful (real images, icons, symbols, written words) to clearly understand how to breathe in and how to breathe out. 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.

