

ALPHABREATHS

THE ABCS OF MINDFUL BREATHING



Written by

CHRISTOPHER WILLARD
& DANIEL RECHTSCHAFFEN

Illustrated by

HOLLY CLIFTON-BROWN

A

Alligator Breath

Open your arms wide like alligator jaws on the in-breath. Snap them shut on the out-breath.



B

Butterfly Breath

Spread your arms like beautiful butterfly wings on the in-breath, and let them flap gently on the out-breath.



C

Cake Breath

Breathe in as you imagine a birthday cake. Breathe out as you imagine blowing out the candles.



D

Dolphin Breath

Breathe in as you lift your arms up high. Breathe out as you imagine diving into the ocean.



E

Elevator Breath

As you breathe in, imagine your breath going all the way up to the top floor of your belly. As you breathe out, imagine it going all the way down to the bottom. You can even count floors as you breathe.



F

Flower Breath

Breathe in and imagine you are smelling your favorite flower. Breathe out and imagine you are blowing the seeds of a dandelion.



G

Gratitude Breath

As you breathe in, think of a person you're grateful for. As you breathe out, send them a smile.



H

Hugging Breath

Close your eyes, give yourself a hug, and gently breathe in and out.

