

ALPHABREATHS TOO

MORE ABCs OF MINDFUL BREATHING



Sounds True
Boulder, CO 80306

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Illustrations © 2022 Holly Clifton-Brown

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A

Astronaut Breath

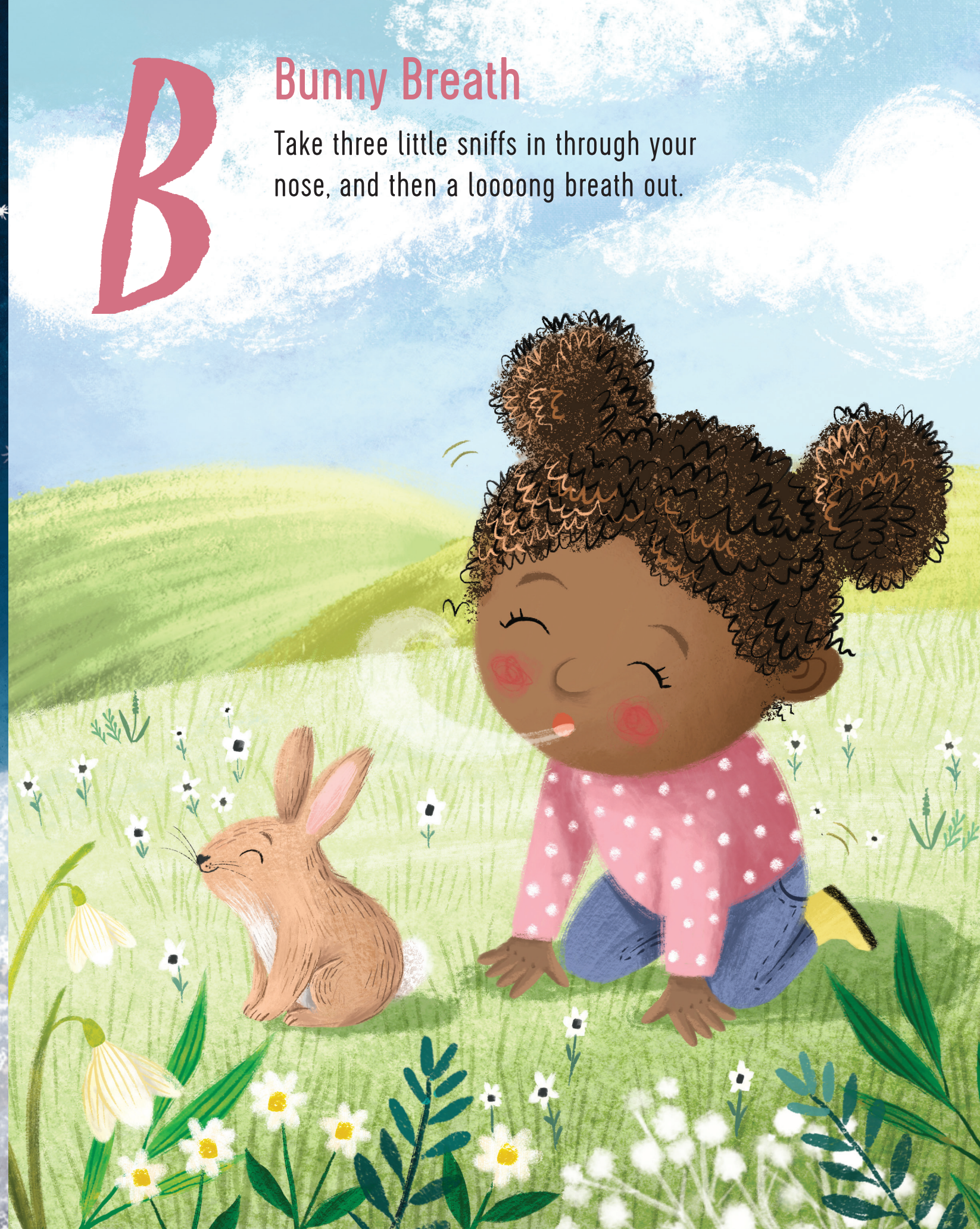
Imagine you are an astronaut. Breathe in, counting down 3 . . . 2 . . . 1 . . . Breathe out, blasting off!



B

Bunny Breath

Take three little sniffs in through your nose, and then a loooong breath out.



C

Chocolate Breath

Hold up an imaginary mug of hot chocolate. Breathe in through your nose, smelling the delicious drink. Then breathe out through your mouth, like you are blowing on your hot chocolate to cool it off.



D

Drawbridge Breath

Turn to a friend. Hold your arms out toward each other until your fingers are nearly touching, making a bridge. Breathe in and raise the drawbridge together; breathe out and lower the drawbridge back down.



E

Excavator Breath

Breathe in extending your digger arm, and breathe out scooping it back.



F

Fireworks Breath

As you breathe in, picture your favorite colors. As you breathe out, imagine those colors shooting out of your fingertips and popping into the air like fireworks.



G

Gift Breath

As you breathe in, imagine a special gift someone has given you. As you breathe out, send them a thank you.



H

Hummingbird Breath

On the in-breath, imagine you are darting through the sky like a bright hummingbird. On the out-breath, let out a long *hummmmm*.

