breathe with me
using breath to feel strong, calm, and happy

Mariam Gates
ILLUSTRATED BY
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Your breath can be long and slow like waves rolling onto the sand.
You will breathe 25,000 times today and that is healthy for you.

But do you know what else your breath can do?

One deep breath in and one long breath out can make you feel better too!
If you are tired in the morning and it’s hard to get out of bed,

use Rainbow Breath to get your body moving and wake up that sleepy head!
Rainbow Breath

Sit up and let your spine grow tall.
Bring your arms out straight to the sides, palms down.
Inhale and sweep your arms up over your head, palm to palm.
Exhale and bring your arms back straight out to the sides, palms down.
Repeat three times.