

breathe with me

using breath to feel strong, calm, and happy



Mariam Gates

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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.

