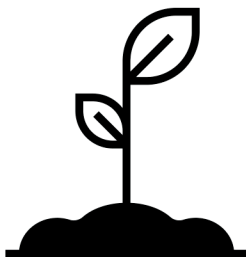


***Find a box or container to decorate and use as your Self-Care Toolkit.**

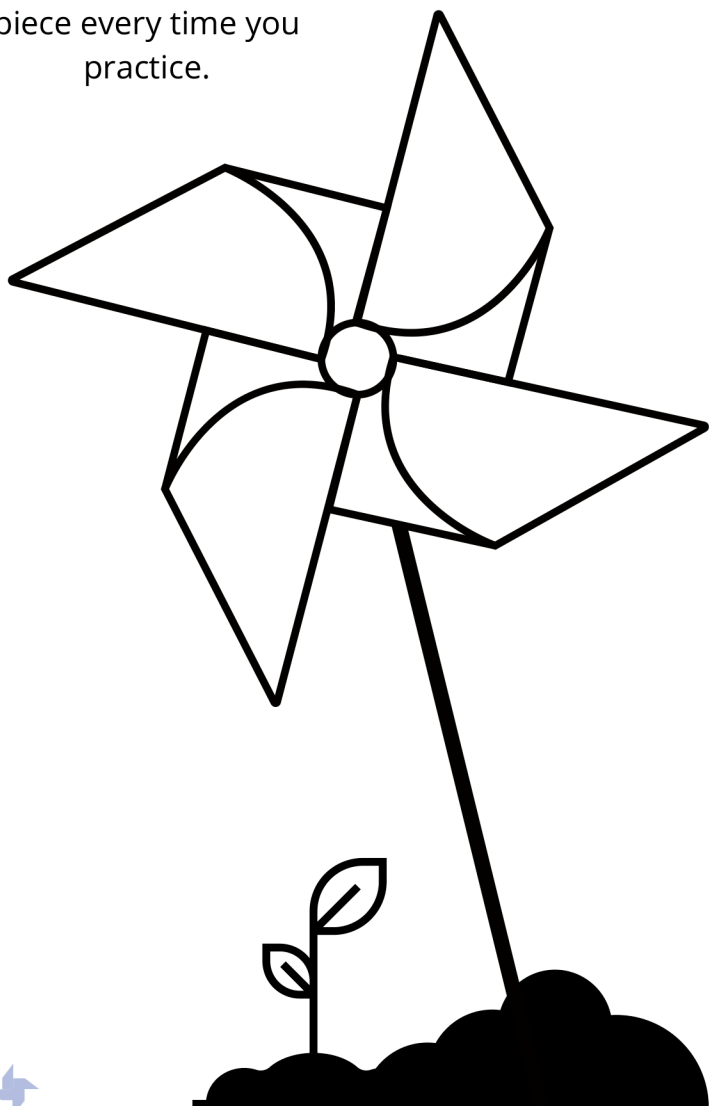
**Keep these cards in your Self-Care Toolkit with activities and tips and breathing exercises to help clear your mind.*

Remember:

- Air provides clean, clear space for seeds to grow.
- Sometimes we may be overwhelmed with too many thoughts and feelings.
- Breathing techniques can help us calm and focus our minds, creating space for healthier thoughts and feelings to thrive.



List breathing techniques
on the pinwheel or color a
piece every time you
practice.



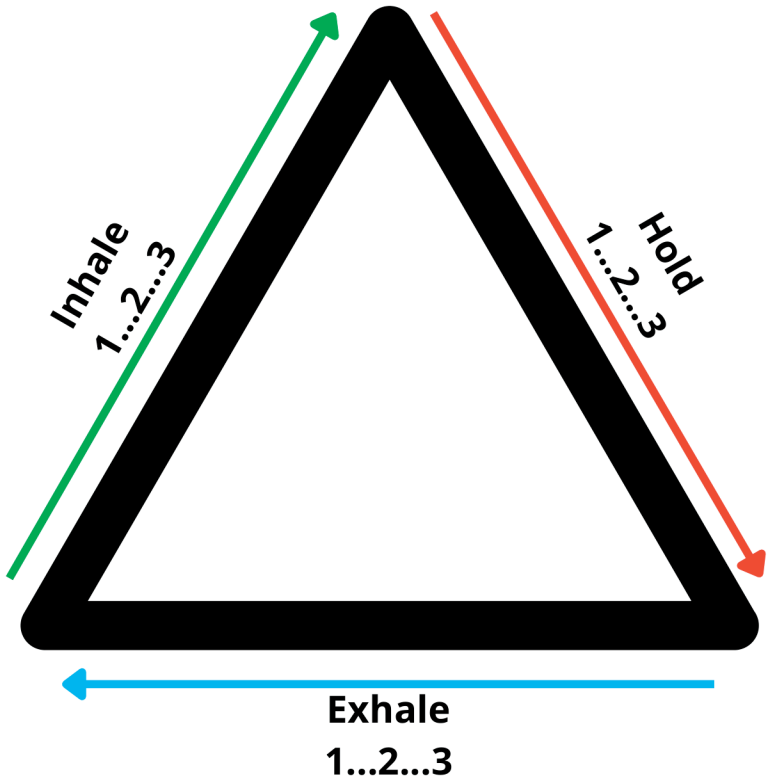
Triangle Breathing

Trace the triangle as you practice deep, calming breaths.

Inhale 1... 2... 3...

Hold 1... 2... 3...

Exhale 1... 2... 3...



Square Breathing

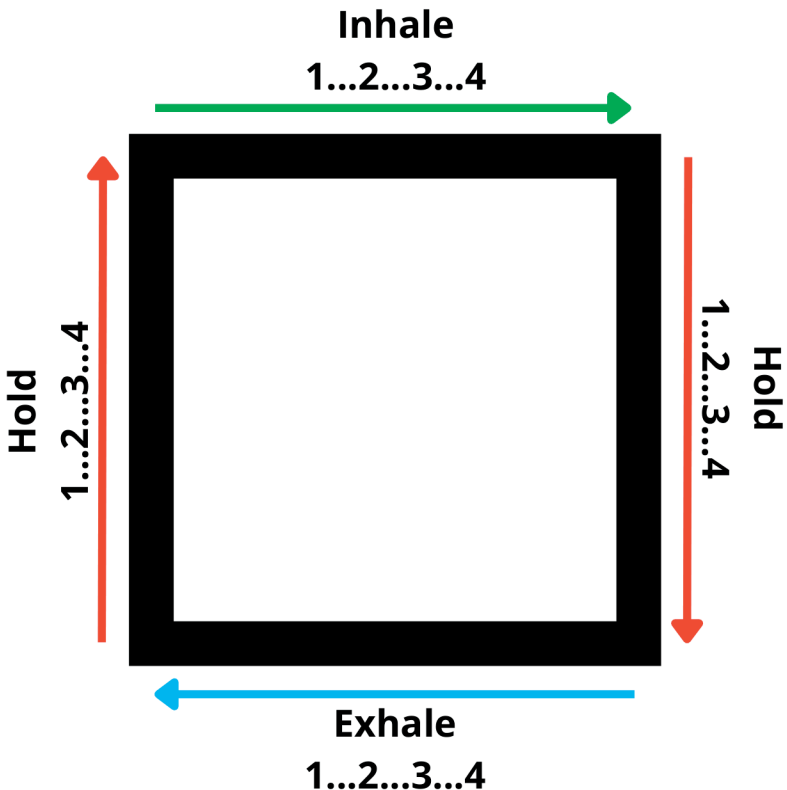
Trace the square as you practice deep, calming breaths.

Inhale 1... 2... 3... 4...

Hold 1... 2... 3... 4...

Exhale 1... 2... 3... 4...

Hold 1... 2... 3... 4...



#3 ↻

Star Breathing

Trace the triangle as you practice deep, calming breaths.

Inhale 1... 2... 3...

Hold 1... 2... 3...

Exhale 1... 2... 3...

