# MINDFULNESS CHOICE BOARD

**FLOWER BREATH**

- Imagine you are sitting in the sand or in the grass. Take a moment to feel your feet on the ground and your body relaxed. Notice the flowers around you. Notice the colors, the shapes, and the feeling of their petals against your skin.

**BALLOON BREATH**

- Inhale deeply through your nose and imagine the air filling up your lungs. As you exhale through your mouth, picture your breath blowing a balloon up to the clouds. Repeat this process several times.

**CUPCAKE BREATH**

- Close your eyes and imagine a delicious cupcake in front of you. Imagine the sweet scent of the frosting and the softness of the cupcake as you bite into it. Focus on the pleasure of this moment.

**RAINBOW BREATH**

- Take a deep breath in through your nose and imagine the colors of the rainbow filling your lungs. Exhale the colors out through your mouth, creating a rainbow in the air.

**STAR BREATH**

- Close your eyes and breathe in through your nose as you imagine inhaling the stars. Exhale through your mouth as you imagine exhaling the stars and sending them into the universe.

**BEAR BREATH**

- Imagine a field of flowers and a cute bear standing in the grass. Breathe in deeply and as you exhale, feel the bear's soft fur against your skin.

**HEART BREATH**

- Lie on your back and close your eyes. Imagine a loving embrace, and feel the warmth and comfort of this hug. Breathe deeply, allowing the love to fill your body.
**FLOWER BREATH**

Imagine that there is a beautiful flower in front of you. Look at all of the vibrant colors. Imagine how sweet the flower smells. Take a deep sniff of the flower. Let the air out of your mouth.

**BALLOON BREATH**

Take a deep breath in and exhale through your mouth as if you are blowing up a balloon. Start to spread your hands out as if you are holding up the balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Raise your hands to the sky as you let the balloon go.

**CUPCAKE BREATH**

It's your birthday! What type of icing and sprinkles would you like on your cupcake? Before you can take a bite, you will need to gently blow out the candle. Think of a positive wish. Breathe in through your nose and slowly breathe out. Blow out the candle and make your wish.

**OCEAN WAVES**

Imagine that you are sitting in the sand on the beach. As you sit in peace, you watch the waves gently rise and fall. With each rising wave, breathe in the fresh salt air through your nose. With each falling wave, breathe out through your mouth.

**RAINBOW BREATH**

Imagine a beautiful vibrant rainbow. Breathe in gently through your nose and out through your mouth imagining the color red. Breathe in again through your nose and out through your mouth imagining the color orange. Repeat this process for every color of the rainbow.

**STAR BREATH**

Take a peaceful breath in through your nose as you trace your finger along one side of the star. Hold your breath briefly at a point and release as you guide your finger along the opposite side. Repeat this process until you have traced the entire star.

**BUZZING BUG BREATH**

You are a buzzing bug! Spread your arms out like wings. Breathe in as you lift your arms up into the air. Hold for a brief moment. Let your arms gently fall down like flapping wings as you breathe out. On the out breath "buzz" for as long as you can.

**BEAR BREATH**

Imagine that you are a sleeping bear hibernating for winter. You are warm, cozy, and at peace. Take a deep breath in like a snoozing bear. Release that breath out as you imagine yourself hibernating in your safe cave with your family.

**HEART BREATH**

Place your hands over your heart and close your eyes. Think of a happy place and imagine that you are there. Feel your chest rise and fall with each inhale and exhale. Find your peace.
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BALLOON BREATHE
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