Mindful Breathing Posters
FREE

BREATHE IN
Pretend you are smelling a flower.

BREATHE OUT
Pretend you are blowing a leaf.

Flower Breathing
Slowly trace the flower petals, and breathe in for 2 petals, and breathe out for 2 petals.

Leaf Breathing
Breathe in while tracing the right side, and breathe out while tracing the left side.

Created By: CounselorChelsey
Objectives:
Students will practice mindful breathing.

What’s Included:
   p. 2-4: Mindful Breathing Posters

Directions:
Students will use each poster to practice mindful breathing. The poster on page 3 encourages students to breathe while focusing on smelling a flower and blowing a leaf. This will help students to practice correct deep breathing while thinking of calming imagery. The posters on pages 4-5 help give a framework to students’ deep breathing, while also offering a sensory component.

Discussion Prompts:
- When you were pretending to smell a flower, what did it smell like?
- When you were pretending to blow a leaf, where did the leaf travel to?
- Did this exercise make you feel calm? Why or why not?
- Name a situation in which this type of mindful breathing would be helpful.
- Why is it important to stay calm?

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Love This Resource?

These mindful breathing posters are a part of a larger, spring themed mindfulness packet! This packet includes 8 mindfulness resources, and 6 additional ways to practice mindfulness with your students.

https://www.teacherspayteachers.com/Product/Mindfulness-Activity-Pack-Spring-Themed-2945018