

Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## BUTTERFLY BREATH

Practice mindful breathing like a butterfly using these three techniques:



### 1. Hands

Seated, hook your thumbs and curl your fingers in toward the palms. With the in-breath your fingers open/expand, and with the out-breath they curl back in.

### 2. Arms

Standing, grow your wings using your full arms. Expand your full wingspan with in-breath, and curl in toward the center of the body with the out-breath.

### 3. Legs

Your legs are now your wings!  
Lying on your back, place your feet together, knees apart. Flap down on the in-breath, together with the out-breath.

1. Which technique did you like best? Why?

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.....

2. How do you feel when you pay attention to your breath?

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.....  
.....

3. Mindful breathing can help me when ...

.....  
.....  
.....

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## BUTTERFLY BREATH

**Draw a picture of yourself breathing like a butterfly, or design a breathing technique of your own! Be sure to label your picture.**

