

Saimin Breathing



Not feeling like saimin today? No worries! You can choose to use whatever food you'd like (ideally something warm like cookies straight from the oven).

We're going to pretend we have a big, delicious bowl of saimin.

Bring your hands together in a bowl shape.

We're super excited to eat our saimin!
But uh-oh, it's really hot.

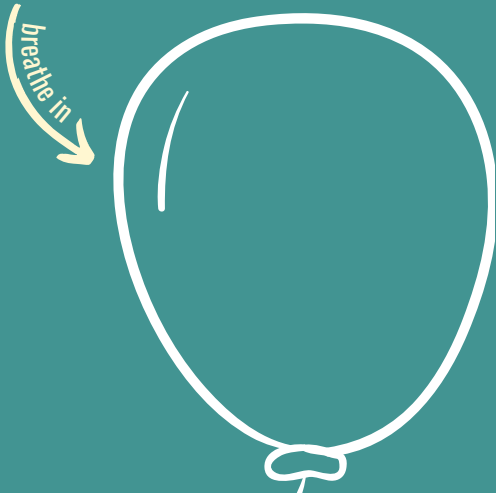
Let's take a big breath in as we smell how good it is. Bring your bowl (hands) to your nose or your face to the bowl (hands) and take a huge inhale.

Now we have to cool it off!
Let's blow across the top with a big exhale.

Repeat as many times as you'd like.



Imagine that your belly is a balloon and that right now it's deflated.



Breathe in slowly through your nose while you count to 3. Feel the balloon fill with air as it raises the hand on your belly.

Breathe out slowly through your mouth while you count to 5. Feel the balloon get flat as the hand on your belly lowers.

Imagine that the uncomfortable feelings leave your body as you breathe out.

Balloon Breathing

4 QUICK BREATHING STRATEGIES



Child & Adolescent
Mental Health Division

Trace the shape (either visually or with your finger) as you slowly inhale & exhale. At each point of the star, you have the option to briefly hold your breath before breathing out.



Star Breathing

Starting where your thumb meets your wrist, slowly moving your tracing finger up to the tip of your thumb while breathing in. Exhale as you go slowly trace down the other side of your thumb. Continue with each finger.

When you've traced your whole hand and reached the bottom of your pinky finger, reverse directions and go back the way you came, moving toward your thumb.

Continue to take slow breaths in and out, focusing on your breath and on the sensation of your index finger tracing your skin. Let go a little bit more with every exhale.

5-Finger Breathing

