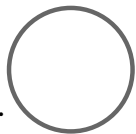


Name _____

Date _____

Class _____

How I feel now. Draw a
face to show how you feel.

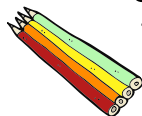


Rainbow Breathing



Rainbow breathing is a mindful breathing activity.

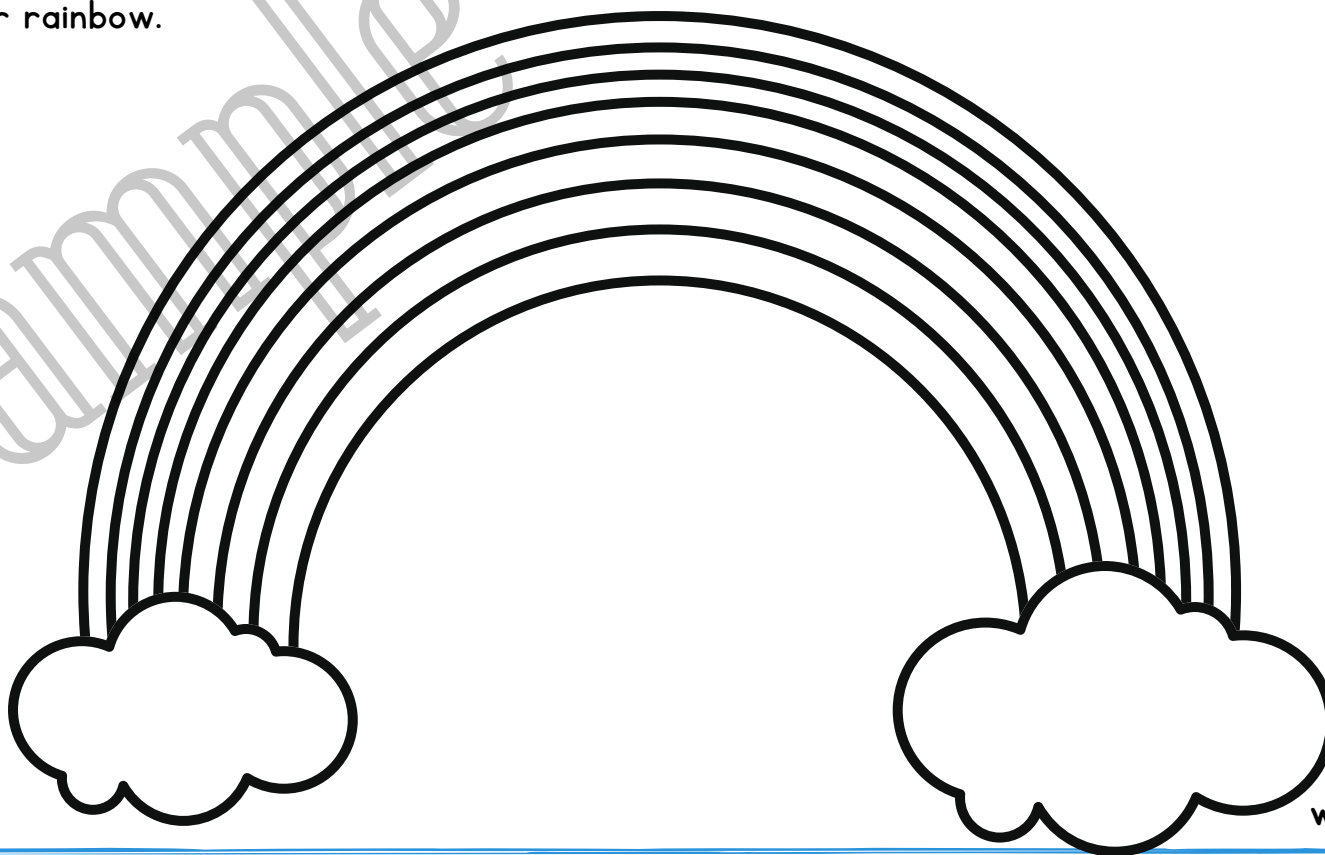
Instructions: Colour in your rainbow.
feel better and more calm.



Then keep it to use when you're feeling sad or worried, to help you

Place your finger on a colour at one end of your rainbow. As you move your finger along the colour, breathe in deeply through your nose.

As you move your finger back again to the start of your rainbow, breathe out deeply. Keep your breaths slow and deep. Check your tummy is rising and falling as you breathe. Continue until you've slowly traced your finger along all the colours of your rainbow.



breathe