

Sometimes it is hard to remember to breathe IN through your nose and breathe OUT through your mouth. Here are some tips to help you remember:

1. Picture that you are smelling a flower when you breathe in. Slowly breathe in as you are smelling the flower. You can count to 5 if that helps you remember to breathe slowly.
2. Then, picture yourself blowing out the candles on a birthday cake. Slowly breathe out as you are blowing out the candles. You can count to 5 if that helps you remember to breath slowly.
3. Sometimes it helps to silently say to yourself, "Smell the flower, blow out the candles. Smell the flower, blow out the candles" as you are doing your deep breathing.
4. If you are having trouble getting the hang of it, get a tissue or a pinwheel. Practice your deep breathing by breathing IN, and then slowly breathing OUT to make the tissue or pinwheel move as you blow on it.



Directions:

1. Print out this guide.
2. Cut out the strip on the right hand side of this page.
3. If possible, have it laminated so that it is more durable. Or, fold it and put it in your wallet.
4. Keep this guide in a convenient place so that you can easily use it when needed. Some good places to keep this guide include your wallet, your desk drawer, or your backpack.



Smell the flower



Blow out the candles



Smell the flower



Blow out the candles



Smell the flower



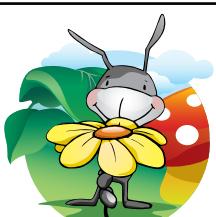
Blow out the candles



Smell the flower



Blow out the candles



Smell the flower



Blow out the candles