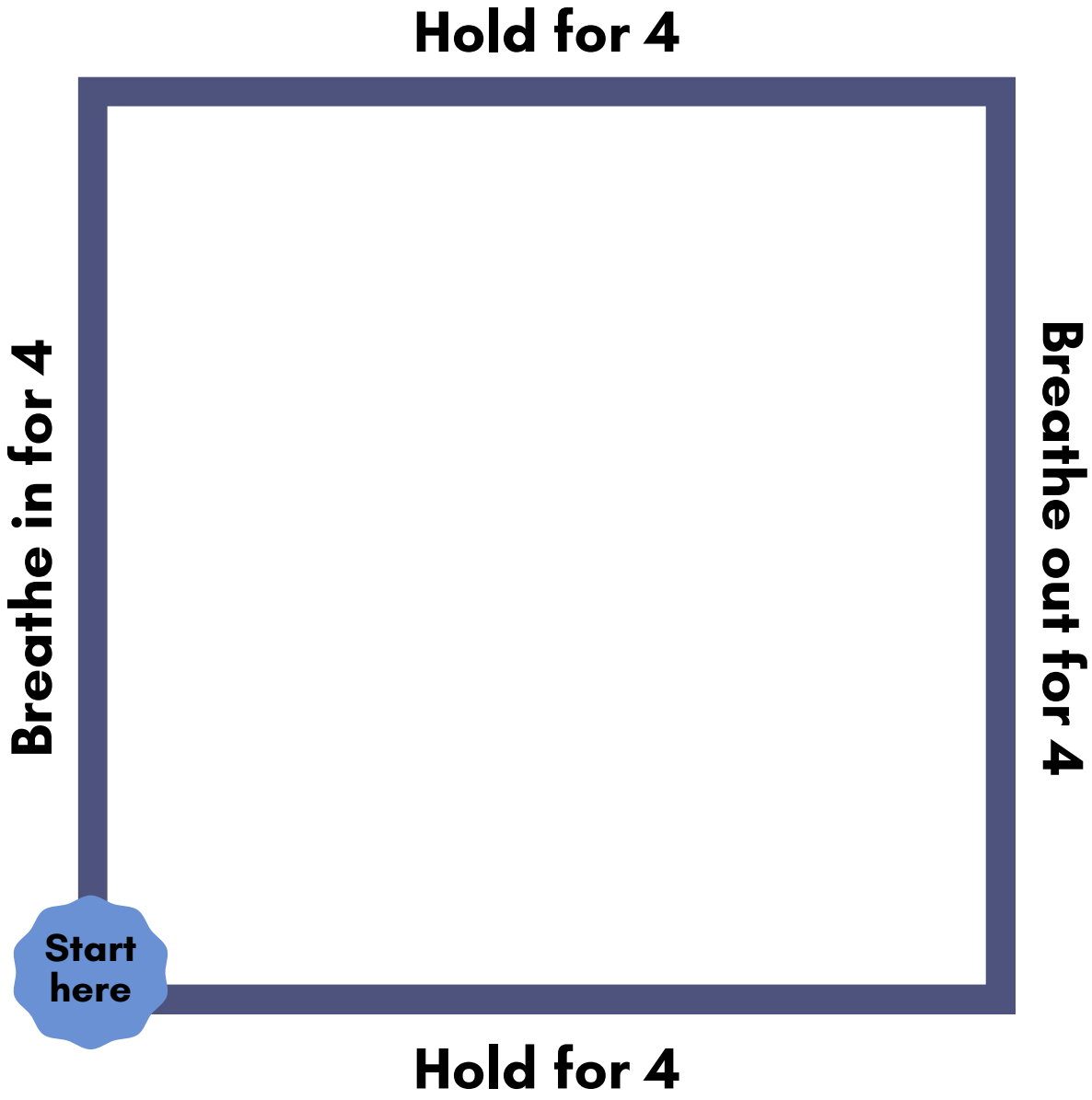
Breathing takes shape

Sometimes we just need a breather!
As a new semester begins, consider the following breathing and brain break exercises to help regulate emotions or help relieve anxiety when needed.

SQUARE BREATHING

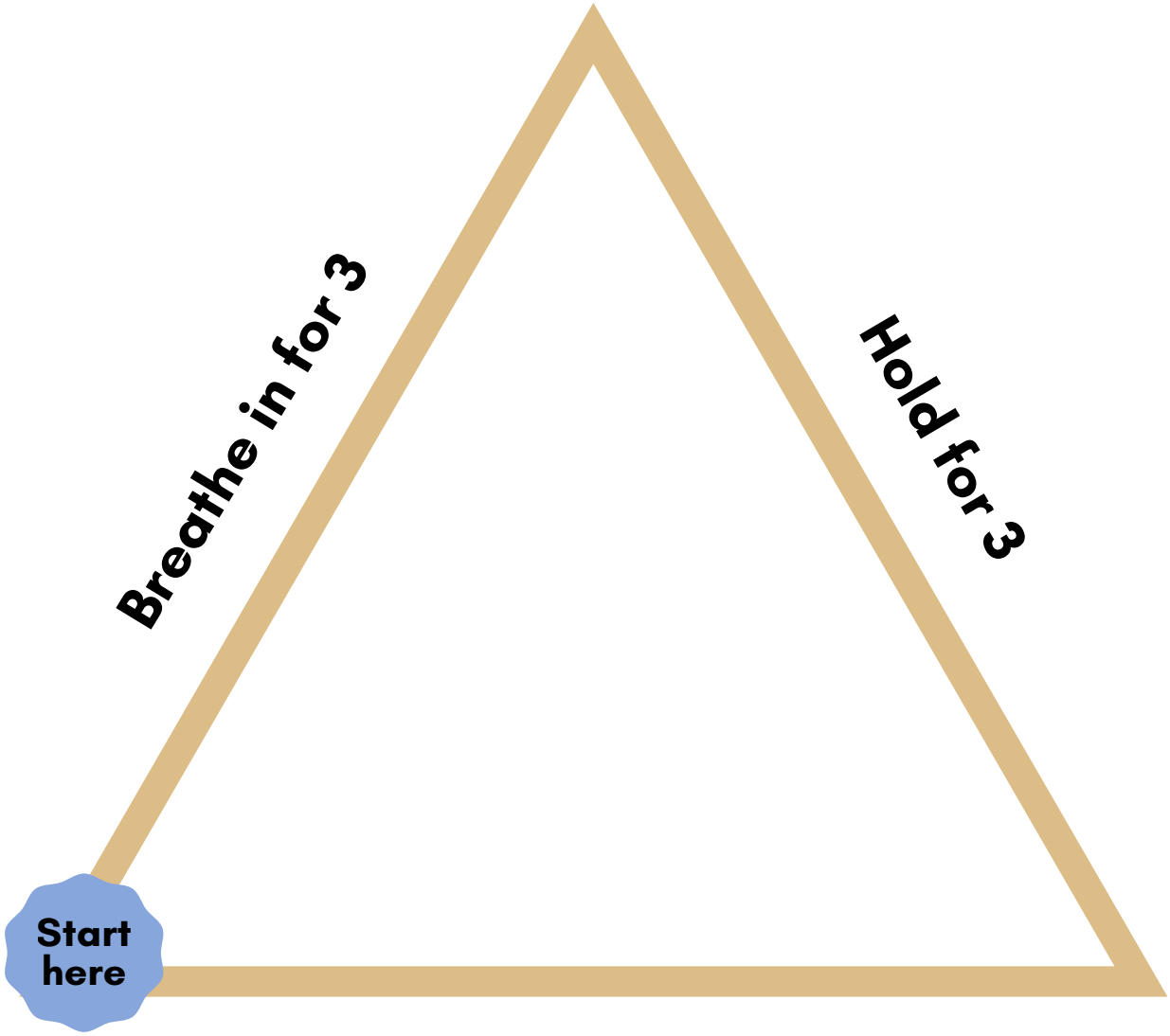
BRAIN BREAK



Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

TRIANGLE BREATHING

BRAIN BREAK



Starting at the left bottom of the triangle.Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.

CALM YOURSELF WITH A

STAR BREATHING
BRAIN BREAK

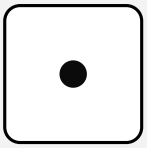
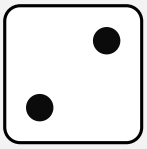


Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

ROLL A BRAIN BREAK



Roll the dice and perform the three brain breaks of the number you get.

	1	2	3
	Move the right side of your body	Move the left side of your body	Take 10 deep breaths
	Squeeze your right hand with your left hand	Squeeze your left hand with your right hand	Make 10 large circles with your arms.
	Touch your right foot with your left hand 5 times	Touch your left foot with your right hand 5 times	Give yourself a big hug for 10 seconds
	Move the upper half of your body	Move the lower half of your body	Touch your hands overhead and try to balance on one foot
	Rub your right arm with your left hand.	Rub your left arm with your right hand.	Jump in your place 10 times
	Bring your left elbow to your right knee 10 times	Bring your right elbow to your left knee 10 times	March in your place with your knees high