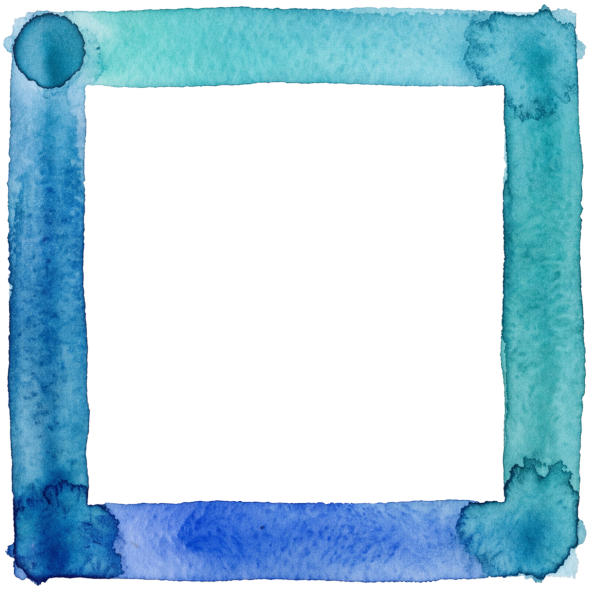
Square Breathing

Let's find our rhythm.

Put one finger on the dark spot in the top left corner of the square. Slide it slowly along the sides, and let your breathing keep it company. Go as slowly as you like. There is no wrong speed.

1 Along the top
breathe in gently.



2 Down the side
pause if it feels comfy, or keep moving.

3 Along the bottom
breathe out, nice and easy.

4 Back up
rest for a moment, or begin again.

Go around once or twice, or as many times as feels nice. Breathe the way that feels easy. You never have to hold your breath or take giant breaths.

Just tracing is fine too

Not in the mood to breathe along? Trace the square with your finger and watch it go around. That counts. You can add the breathing another day, or not at all.

After you go around

What did you notice?

Did you like tracing slowly, or moving at your own speed?

For grown-ups: let the child set the pace, and keep every breath comfortable. Stop if they feel dizzy or uncomfortable. The guide **Helping Children Practice Calm Breathing** has more ideas. For education and everyday skill-building; not a substitute for individualized care.