

# INTENTIONAL BREATHING

Adapted from The Calm Kit Toolbox  
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## Balancing Breath

Equal parts inhale and exhale.  
Example: Breathe in for 4 counts, breathe out for 4 counts. Repeat 3 times or until you feel calm and ready to return to your task.



## Resetting Breath

Breathe in...and add a short burst at the top of your breath.



## Grounding Breath

Breathe in... and double the exhale as you breathe out. For example: Breathe in for 3 (1,2,3), breathe out for 6 (1,2,3,4,5,6). Repeat 3 times or until you feel calm and ready to return to your task.

## Uplifting Breath

Breathe in... make your inhale longer than your exhale. For example: Breathe in for 6 (1,2,3,4,5,6) and breathe out for 3 (1,2,3). Finish with some movement in your body.

