

Mindful Breathing Tracing Mats



Pair this activity set with AFHK's Mindful Breathing.

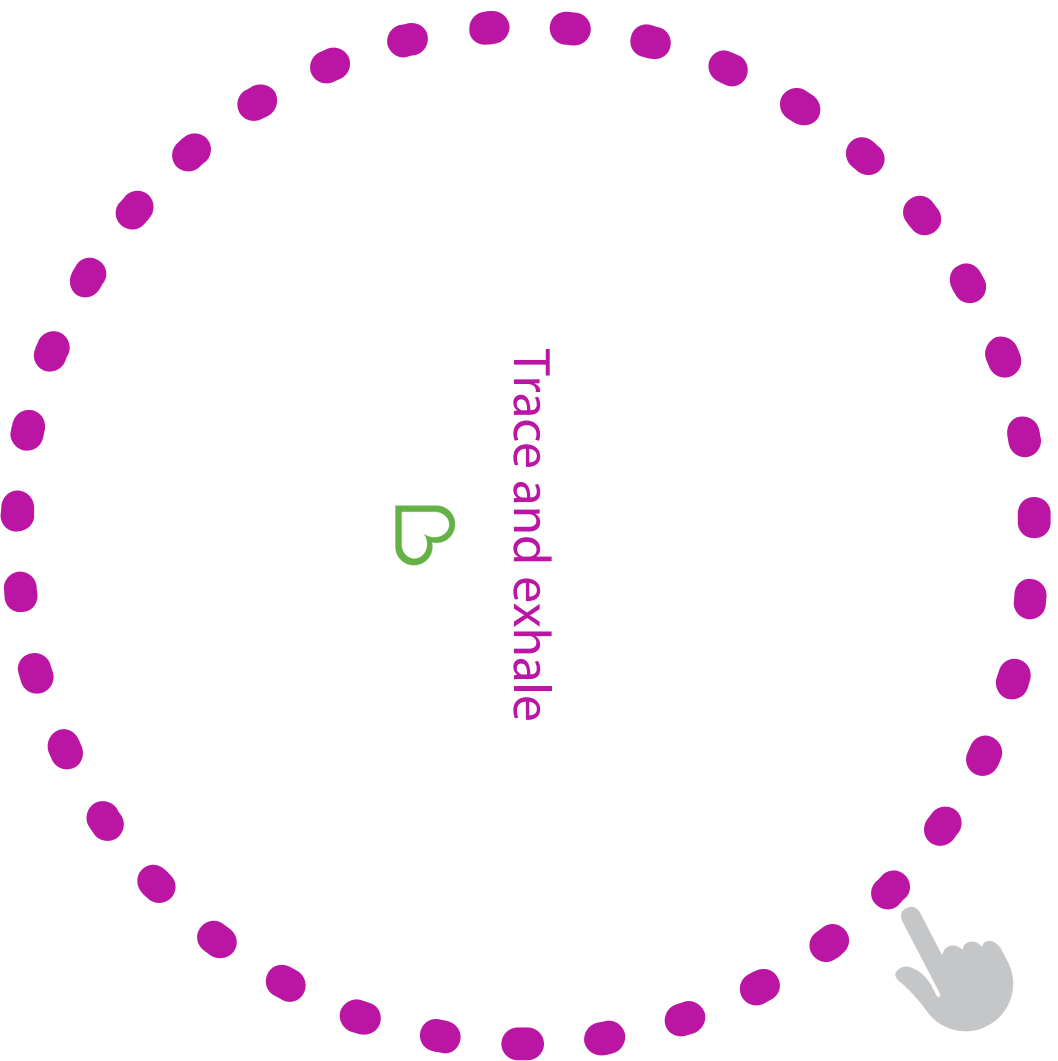
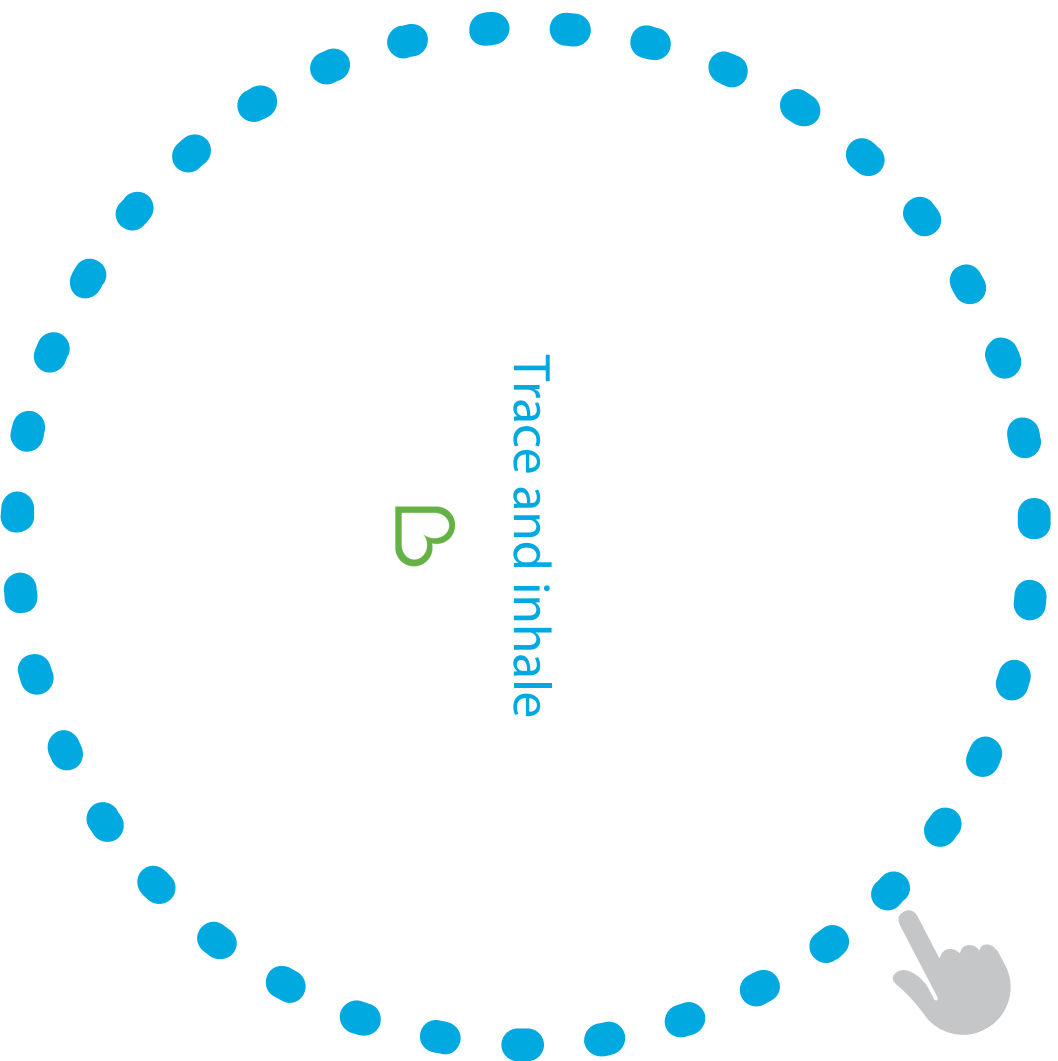
<https://www.actionforhealthykids.org/activity/mindful-breathing-exercises/>

Print these tracing mats to support slow, mindful breathing.

Want to make your own? Masking tape on the carpet, handmade squiggles on a piece of paper - they'll all do the trick! Invite children to help make lines and shapes to trace as they practice mindful breathing.

Recommended for PreK-5th

Inhale deeply while tracing the blue circle. Exhale slowly while tracing the purple circle. Repeat.



Inhale deeply and trace left to right. Exhale slowly and trace right to left. Repeat.

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