

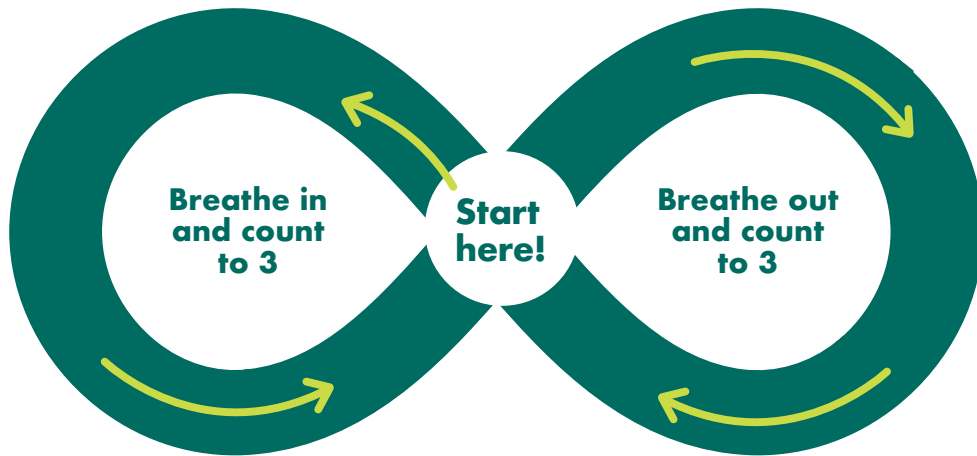
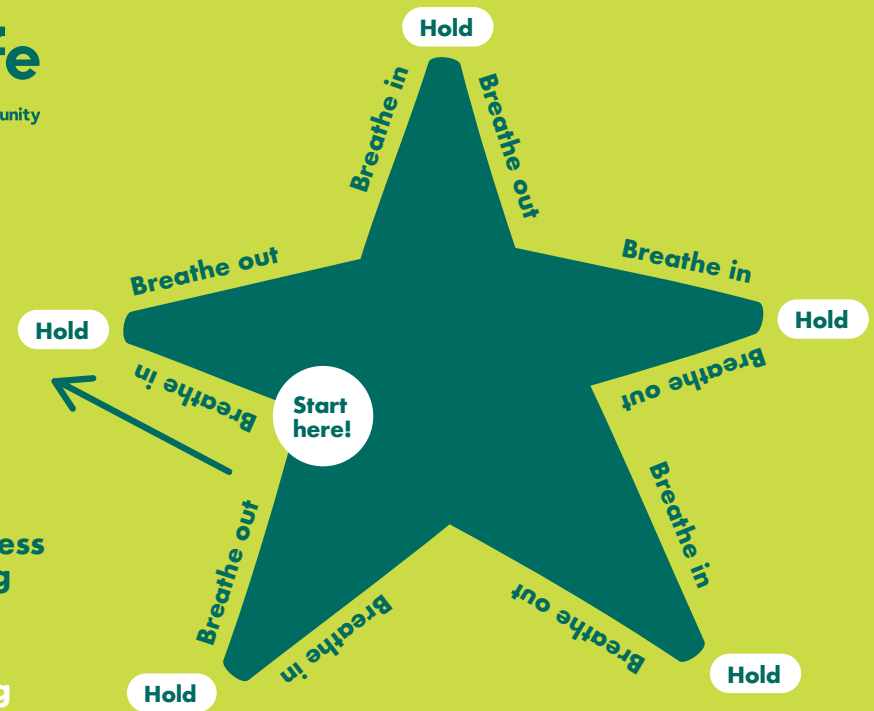
Mindfulness Breathing Cards

Mindful breathing is an effective tool to improve emotional wellbeing. Each card features a unique shape, guiding you through different breathing exercises. While performing these exercises, try and focus your attention on your breath and breathe slowly and deeply into your belly for 3-5 seconds for each step. These cards help you to learn how to calm yourself by focusing on your breath.

Tear along the dotted line

Mindfulness Breathing Cards

Star breathing

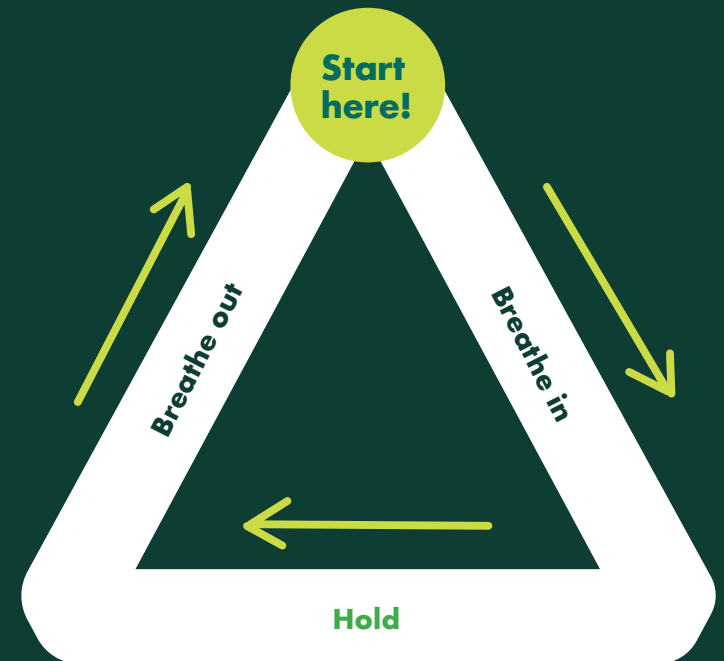


Mindfulness Breathing Cards

Infinity breathing

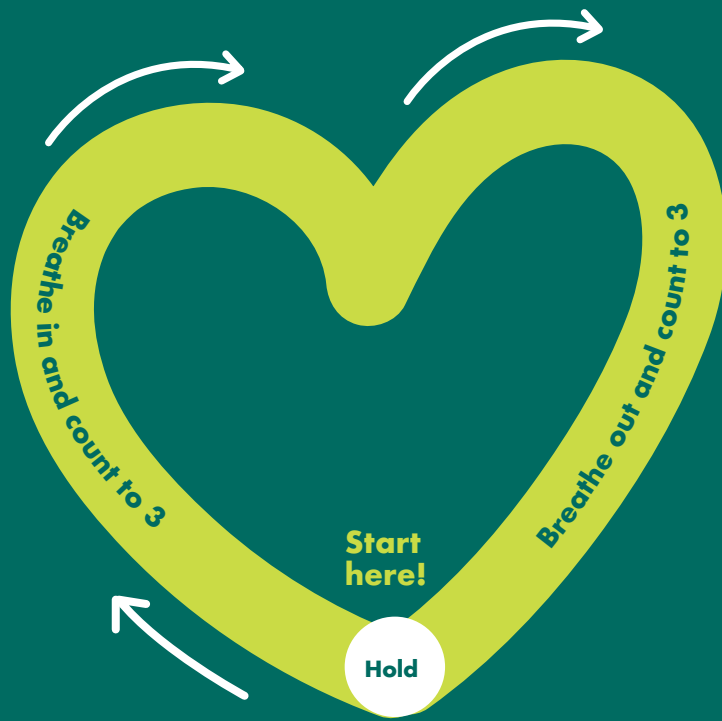
Mindfulness Breathing Cards

Triangle breathing



**Mindfulness
Breathing
Cards**

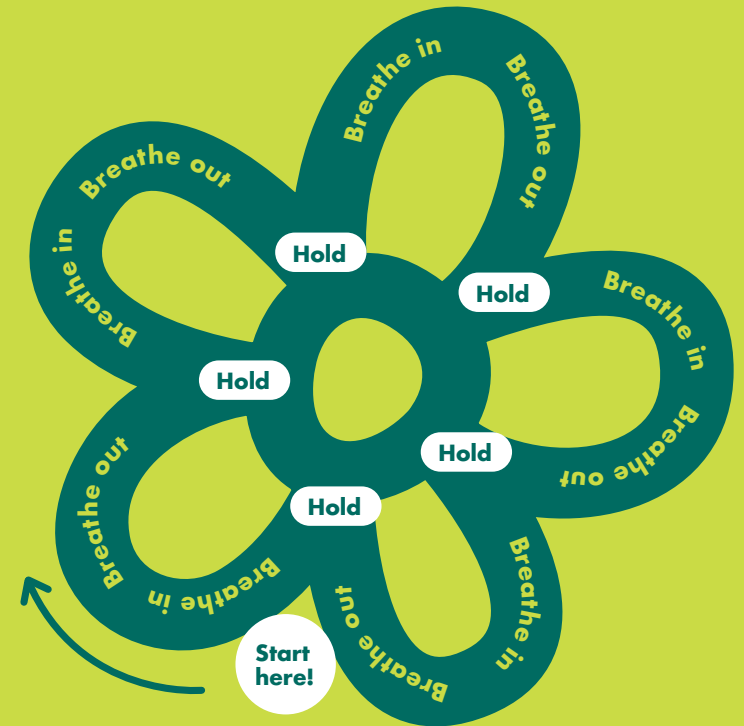
**Heart
breathing**



Tear along the dotted line

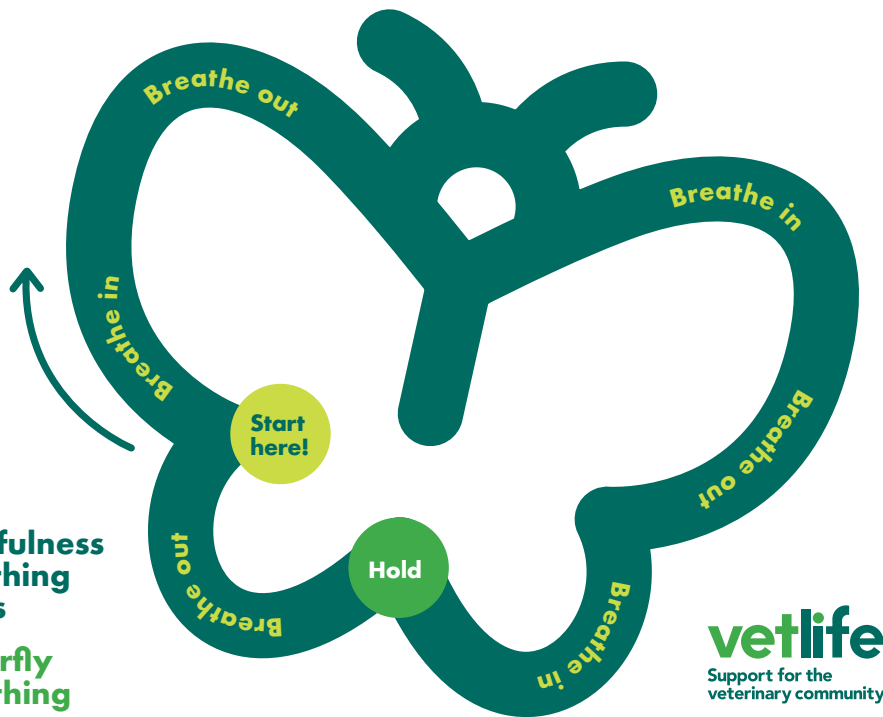
**Mindfulness
Breathing
Cards**

**Flower
breathing**



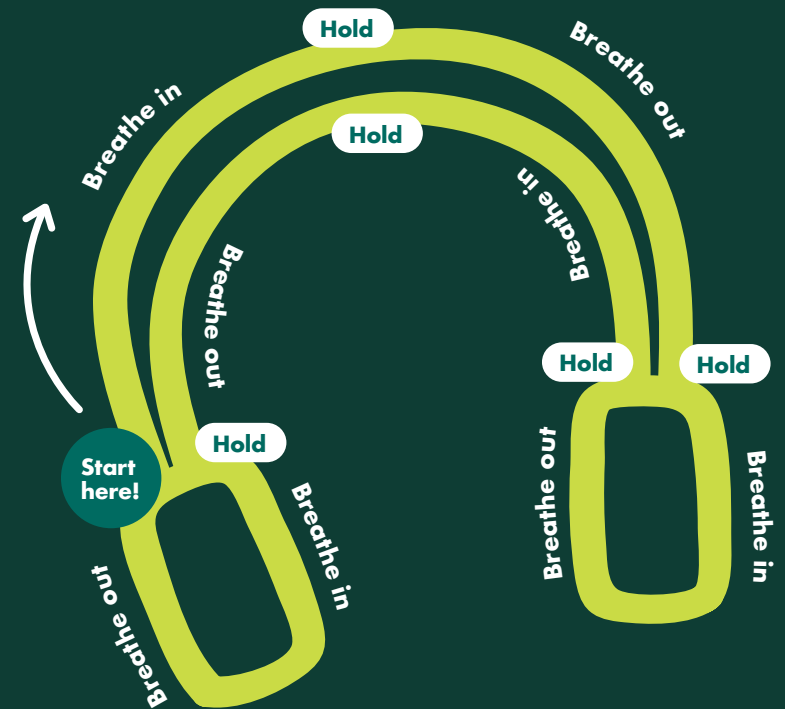
**Mindfulness
Breathing
Cards**

**Butterfly
breathing**



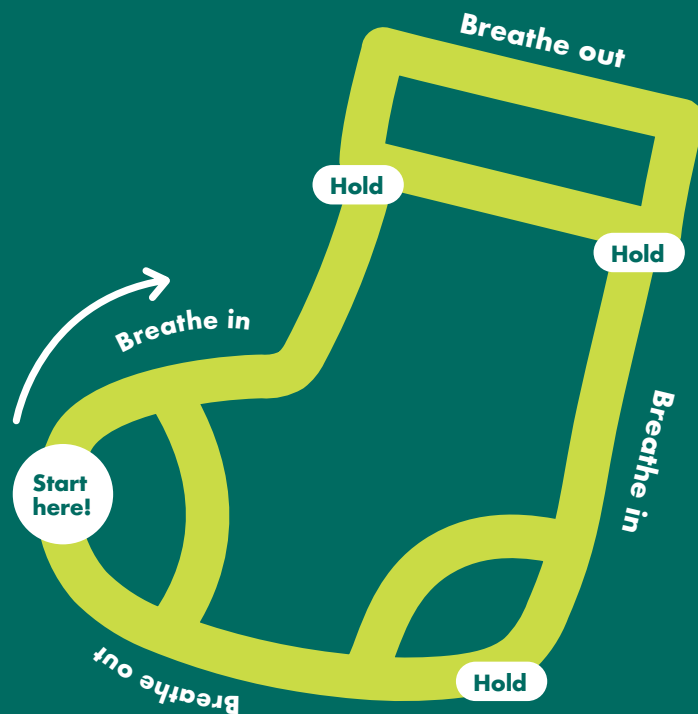
**Mindfulness
Breathing
Cards**

**Headphone
breathing**



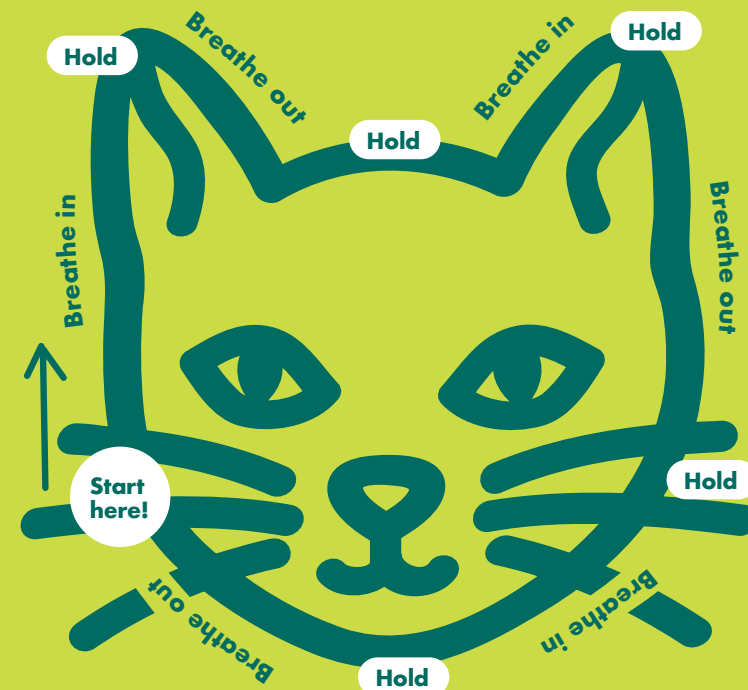
**Mindfulness
Breathing
Cards**

**Sock
breathing**



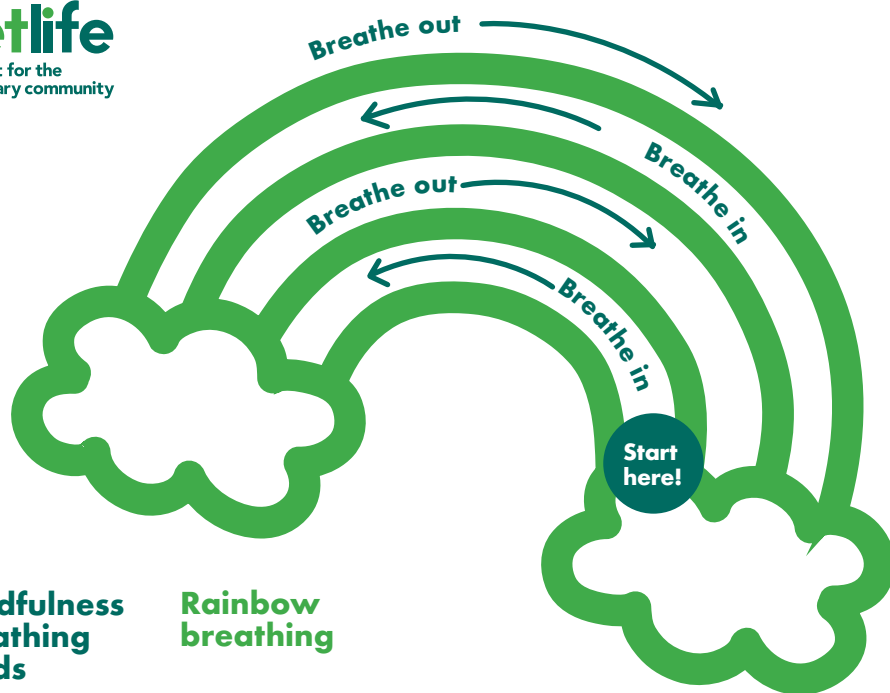
**Mindfulness
Breathing
Cards**

**Cat
breathing**



**Mindfulness
Breathing
Cards**

**Rainbow
breathing**



**Mindfulness
Breathing
Cards**

**Square
breathing**

