

Calm Colour Breathing Cards

Trace colour stripes slowly while breathing in and out for a short calm reset.

- Print the sheet.
- Read the prompt with children.

Try It

Find It

Draw It

Write It

Calm Colour Breathing Cards

Trace colour stripes slowly while breathing in and out for a short calm reset.



Cards page 2 of 3

Share It

Tick It

Try It 2

Find It 2

Calm Colour Breathing Cards

Trace colour stripes slowly while breathing in and out for a short calm reset.



Cards page 3 of 3

Draw It 2

Write It 2

Share It 2

Tick It 2