

# Breathing Techniques

Tolworth Girls' School & Sixth Form

## 7-11 Breathing Technique

Breathe in slowly through your nose with your mouth close for the count of 7  
Breathe out slowly through your mouth for the count of 11

Continue this process until you feel calm and grounded.

## Triangle Breathing

Start at the bottom left of the triangle.

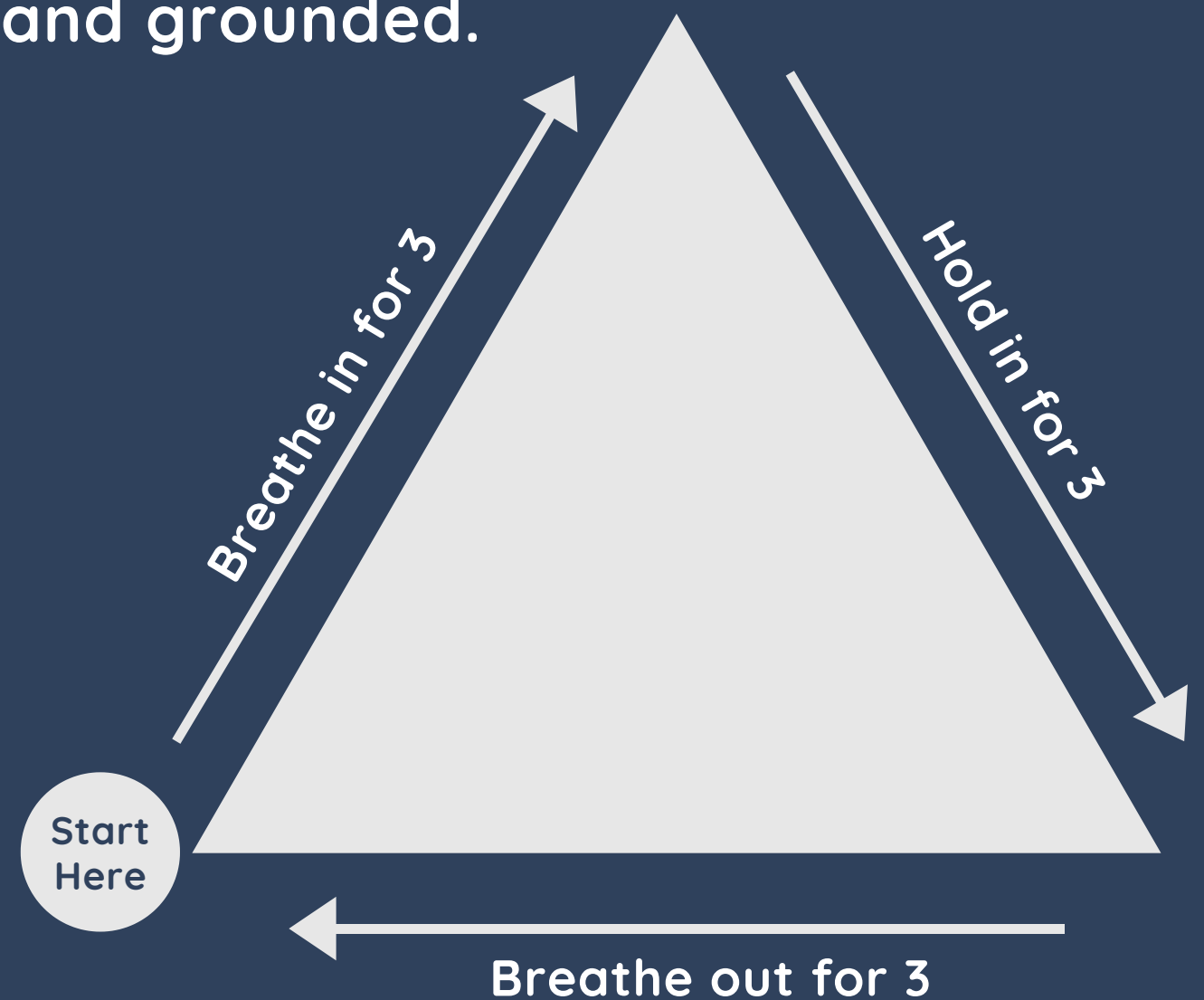
Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle.

You have just completed one deep breath.

Continue this process until you feel calm and grounded.



## Colour Breathing

Breathe in and imagine a calm, happy, positive color.

Breathe out and imagine a color that represents stress, anxiety, etc. leaving your body.

Continue this process until you feel calm and grounded.

