

# breathe with me

using breath to feel strong, calm, and happy



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Your breath can  
be long and slow  
like waves rolling  
onto the sand.



You will breathe 25,000  
times today and that is  
healthy for you.

But do you know what else  
your breath can do?

One deep breath in and  
one long breath out can  
make you feel better too!





If you are tired in the morning and it's hard to get out of bed, use Rainbow Breath to get your body moving and wake up that sleepy head!





## Rainbow Breath

Sit up and let your spine grow tall.

Bring your arms out straight to the sides, palms down.

Inhale and sweep your arms up over your head, palm to palm.

Exhale and bring your arms back straight out to the sides, palms down.

Repeat three times.

