

Breathing Bingo



BREATHE IN FOR A COUNT OF
3, HOLD FOR 4
AND BREATHE OUT FOR 5

SLOW YOUR BREATHING DOWN TO
6 BREATHS PER MINUTE

GO FOR A RUN/WALK AND
FOCUS ON BREATHING THROUGH
YOUR NOSE (NOT YOUR MOUTH)

2 MINUTES OF ALTERNATE
NOSTRIL BREATHING

TAKE 5 DEEP BREATHS - YOUR
OUT-BREATH SHOULD BE LONGER
THAN YOUR IN-BREATH

BOX BREATHING -
BREATHE IN, HOLD,
BREATHE OUT, HOLD

10 FULL BELLY BREATHS

COUNT YOUR BREATHS FOR 5
MINUTES

LION'S BREATH