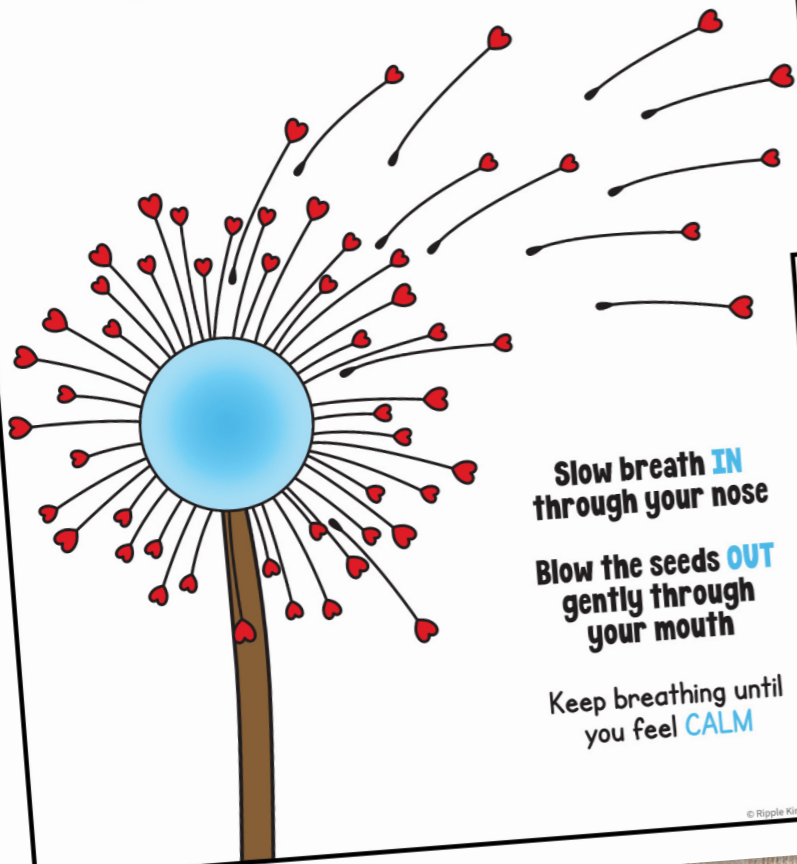


DANDELION BREATHING



Slow breath **IN**
through your nose

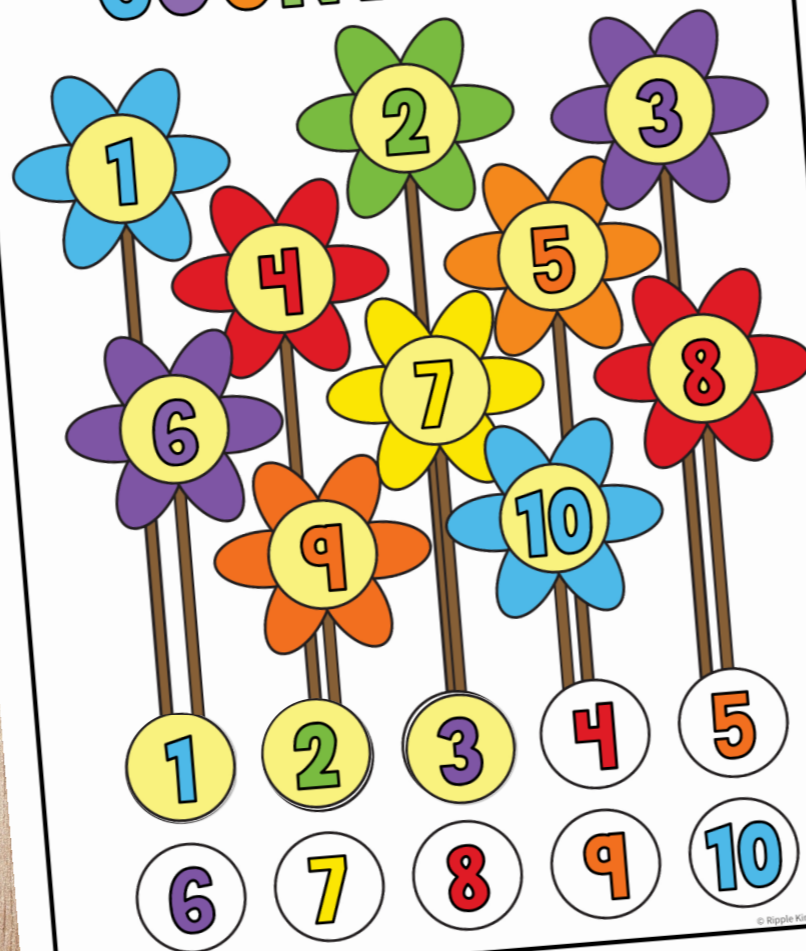
Blow the seeds **OUT**
gently through
your mouth

Keep breathing until
you feel **CALM**

© Ripple Kind



COUNT TO 10



© Ripple Kindness Project

Do your students need a quick & easy way to calm down & refocus?

These breathing & counting posters teach kids simple ways to calm down anywhere.

Here's Why You'll Love Them:

- Quick & easy to prep
- Helps kids manage emotions & stress
- Interactive sensory elements for extra calm
- Great for special needs & tactile learners
- Builds self-regulation & confidence
- Works for calm down corners or whole-class resets
- Mindful coloring pages for quiet focus
- Perfect for brain breaks, morning meetings, transitions, or subs

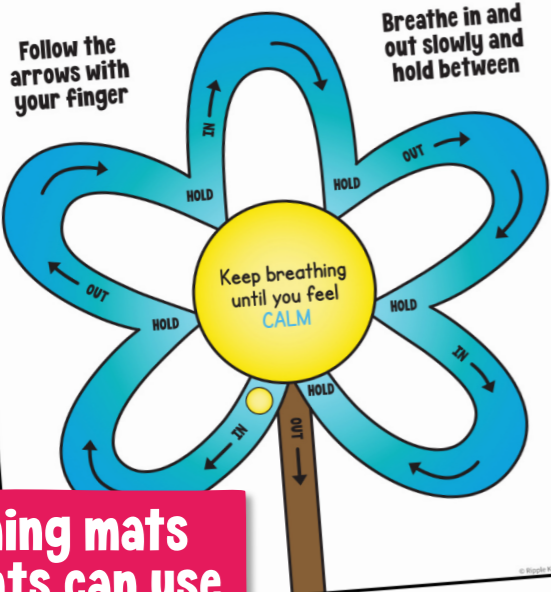
**Coping strategies
that will stick for life!**



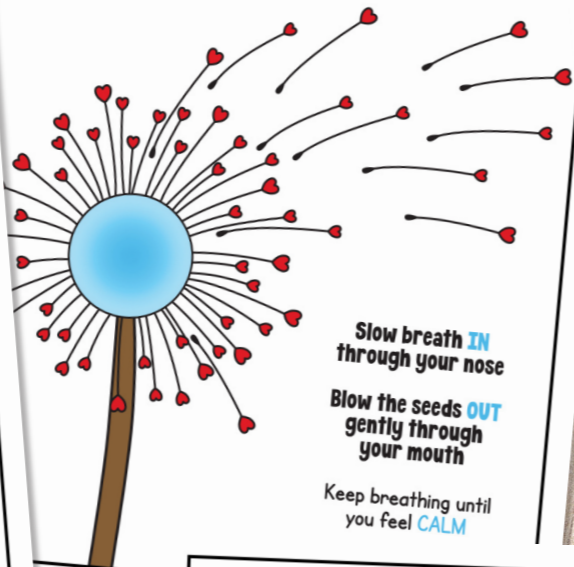
Ripple Kindness
SEL Activities for Kids



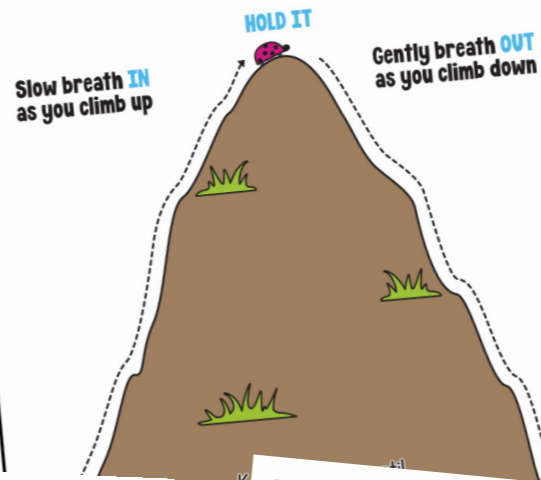
FLOWER BREATHING



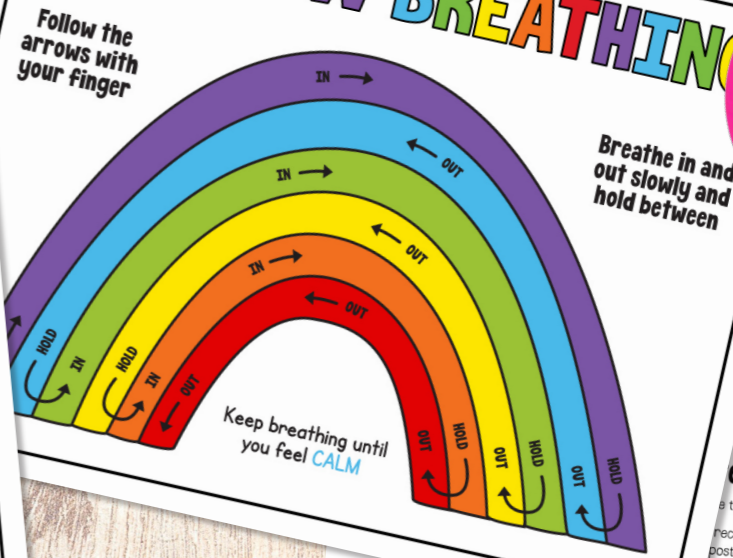
DANDELION BREATHING



MOUNTAIN BREATHING

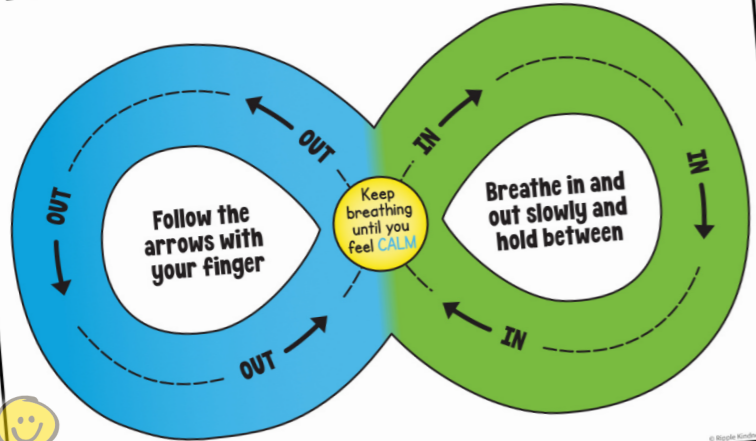


RAINBOW BREATHING



Breathing mats students can use over and over

LAZY EIGHT BREATHING



COUNT TO 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

The mat features two rows of numbers 1-10 in colored boxes. In the center, there are illustrations of a boy and a girl.

COUNT TO 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

The mat features two rows of numbers 1-10, each placed inside a colorful flower. The flowers are arranged in two columns of five.

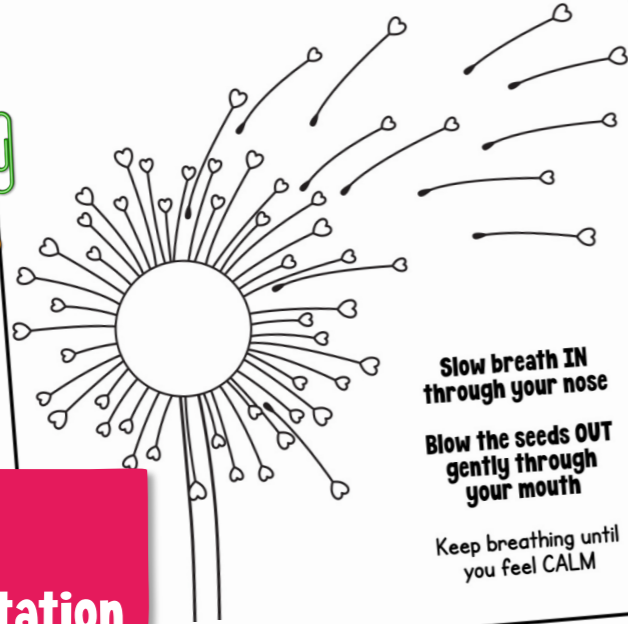
1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

The mat features two rows of numbers 1-10 in colored boxes. The numbers are arranged in a grid, and the mat is designed to be used with velcro.

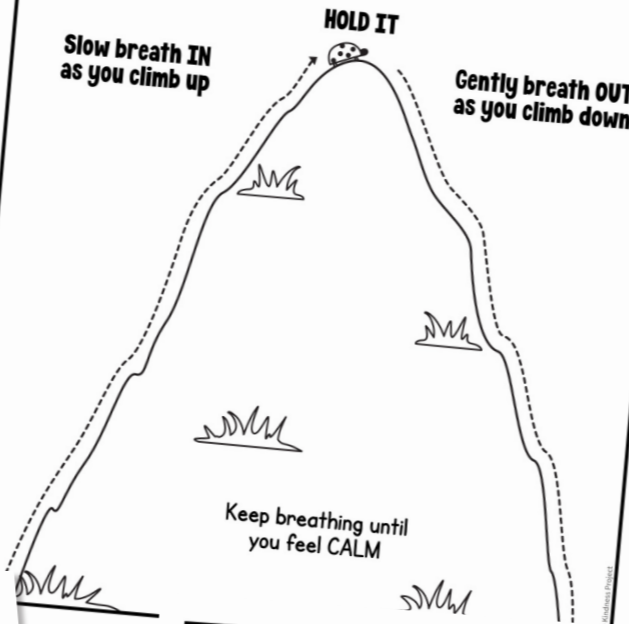
Velcro numbers add a sensory element to counting activities

DANDELION BREATHING



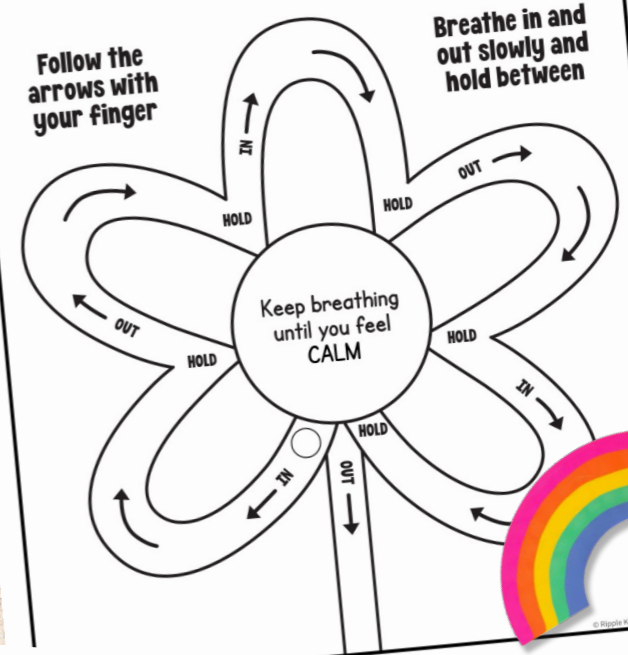
Slow breath **IN** through your nose
Blow the seeds **OUT** gently through your mouth
Keep breathing until you feel **CALM**

MOUNTAIN BREATHING



Slow breath **IN** as you climb up
HOLD IT
Gently breath **OUT** as you climb down
Keep breathing until you feel **CALM**

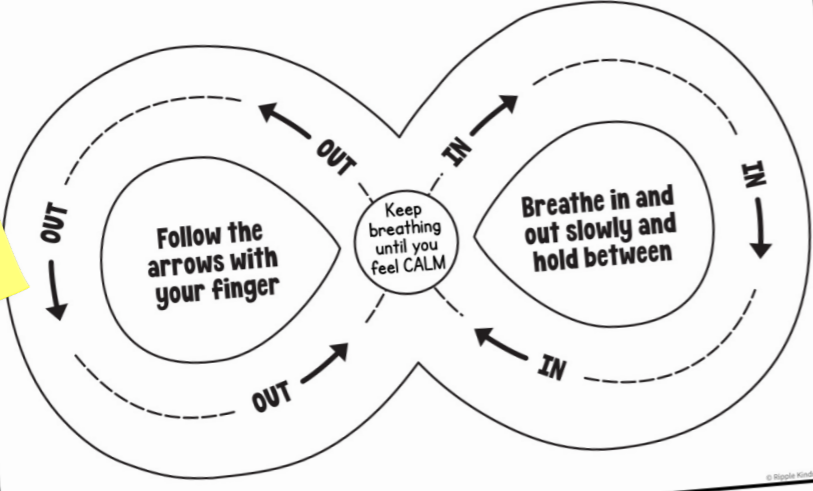
FLOWER BREATHING



Follow the arrows with your finger
Breathe in and out slowly and hold between
Keep breathing until you feel **CALM**

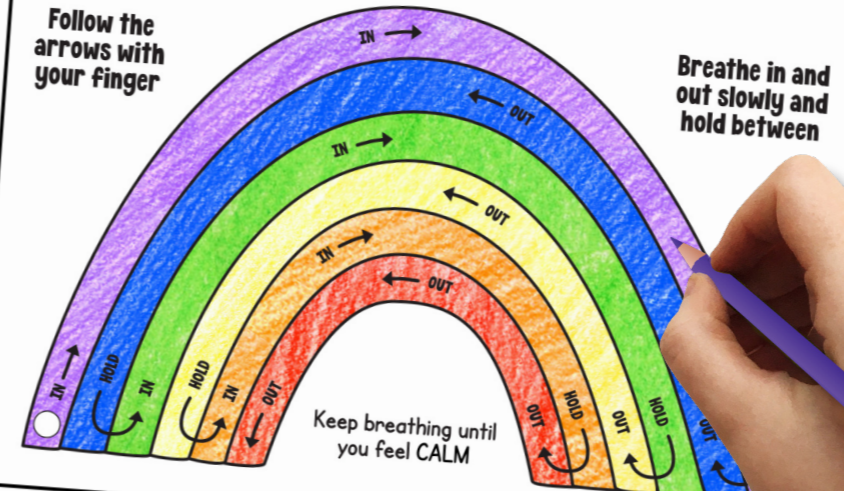


LAZY EIGHT BREATHING

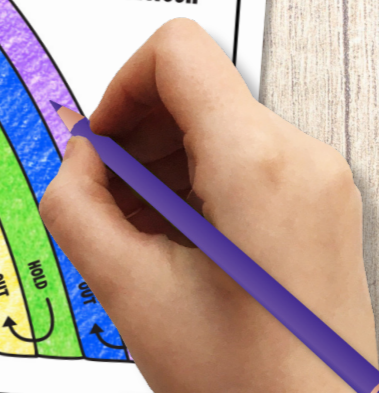


Follow the arrows with your finger
Keep breathing until you feel **CALM**
Breathe in and out slowly and hold between

RAINBOW BREATHING



Follow the arrows with your finger
Breathe in and out slowly and hold between
Keep breathing until you feel **CALM**



Coloring has a calming effect similar to meditation

Breathe

Deep breathing helps the body to relax to reduce tension & relieve stress