

The Breath Scroll

Breathe in:

1... 2... 3

Breathe out:

1... 2... 3... 4

Inhale: I am here
Exhale: I am safe

Breathe in through your nose
Breathe out through soft lips

Inhale like filling a balloon
Exhale like floating it away

Breathe in deeply
Let your shoulders drop
Breathe out slowly

Inhale: gather calm
Exhale: let go

Breathe in
Pause
Breathe out (even slower)

Trace a circle with your breath
Inhale halfway around
Exhale the rest