



Animal Breathing

Calming Strategy Cards



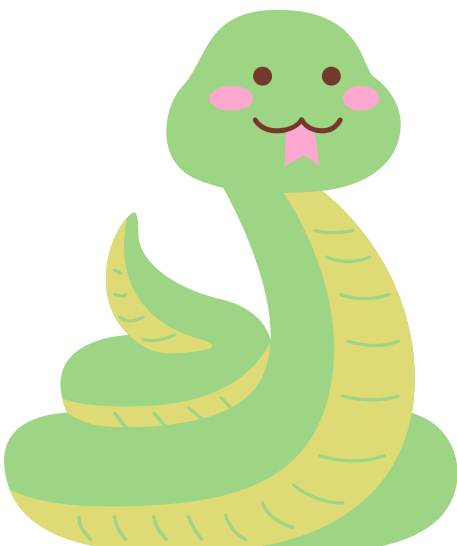
buzz

inhale slowly,
exhale with a buzz.

1

2

3



hiss

inhale slowly,
exhale with a hiss.

1

2

3



roar

**inhale slowly,
exhale with a roar.**

1

2

3



hoot

**inhale slowly,
exhale with a hoot.**

1

2

3



howl

**inhale slowly,
exhale with a howl.**

1

2

3



moo

**inhale slowly,
exhale with a moo.**

1

2

3



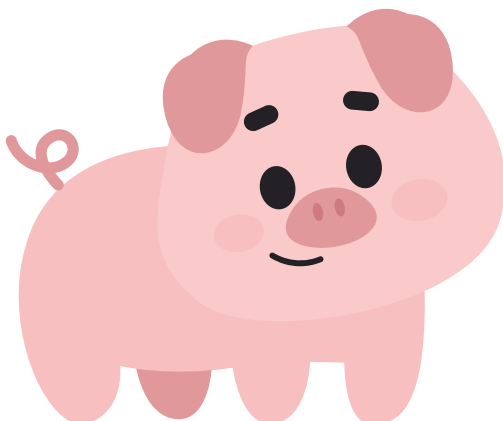
quack

**inhale slowly,
exhale with a quack.**

1

2

3



oink

**inhale slowly,
exhale with an oink.**

1

2

3



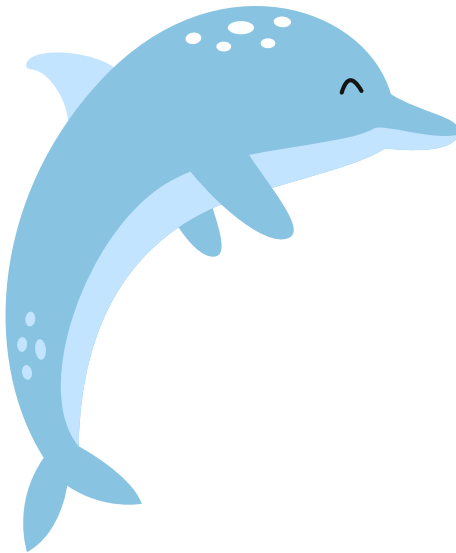
purr

**inhale slowly,
exhale with a purr.**

1

2

3



squeak

**inhale slowly,
exhale with a squeak.**

1

2

3



ribbit

**inhale slowly,
exhale with a ribbit.**

1

2

3