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Anna

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[Rainbow Sprinkle](http://RainbowSprinkle.com)



Learn Grow Aspire was created to support parents, caregivers, and elementary classroom teachers with teaching resources and inspirations they can implement in their homeschool or classrooms.

MEET THE FACE BEHIND LEARN GROW ASPIRE

Hey, I'm Anna. Author and creator of Learn Grow Aspire resources. I love creating activities and printables that inspire a love for learning and make life easier for busy parents and teachers.



xoxo Anna

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BOX BREATHING

Start Here!



Breathe in for 4 seconds



Hold your breath for 4 seconds



Hold your breath for 4 seconds



Breathe out for 4 seconds

STEPS FOR BOX BREATHING

Step 1: Place your finger on start here and breathe in for 4 seconds. (Slowly inhale through your nose while counting to four in your head.)

Step 2: Hold your breath for 4 seconds. Gently hold your breath for a count of four.

Step 3: Breathe out for 4 seconds. Exhale slowly through your mouth while counting to four.

Step 4: Pause for 4 seconds. Hold your breath again for four seconds before starting the next breath.

Repeat this cycle 3-5 times or until you feel calm and focused.

