


THE SUPER BREATH

A superpower breath to help your body feel calm, clear, and in charge. 

A kid-friendly version of the physiological sigh.



BIG FEELINGS HAPPEN. YOUR BREATH CAN HELP.

Use this breath anytime you feel stressed, mad, worried, or need a reset.

HOW TO DO IT

1 INHALE

Breathe in slowly through your nose.



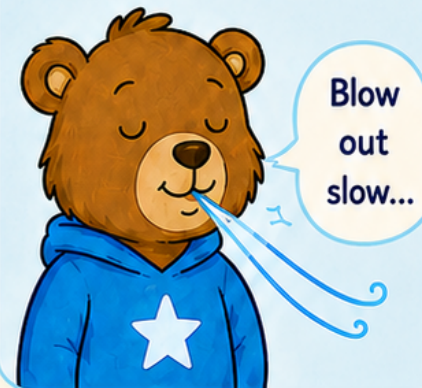
2 TOP-UP INHALE

Take a little extra sip of air.



3 LONG EXHALE

Breathe out slowly through your mouth.



WHY IT WORKS

This breath helps your body reset, slow down, and feel more calm and ready.



WHEN TO USE IT

- Big feelings
- Before bed
- Before tests or games
- After screen time
- Before hard talks
- Anytime!

HOW MANY?

Try 1 to 3 rounds. You've got this.

Small breath. Big difference.



REMEMBER

You don't need to be perfect. You just need to breathe. You are strong. You are calm. You are you.



BREATHE IN. SIP. BLOW OUT. RESET. YOU'VE GOT THIS. 