

# Breathing & Grounding Cards (A4)

Cut these out and keep one where you'll see it (kettle, desk, bedside). Read slowly with longer exhales.

<b>4–6 Breath</b> Inhale 4, exhale 6–8. 10 breaths.	<b>Box Breath</b> In 4 • hold 4 • out 4 • hold 4. 4 rounds.
<b>5 Senses</b> Notice 5 see • 4 touch • 3 hear • 2 smell • 1 taste.	<b>Grounding</b> Name: 3 things you can see; press feet; relax jaw & shoulders.
<b>Shoulders Drop</b> Breathe out and lower shoulders; unclench hands.	<b>Mini Reset</b> Two slow breaths + one tiny helpful action.

Cut-lines optional. Print at 100% on A4.