



# HOMEPLAY: Plan your Breathing Practice

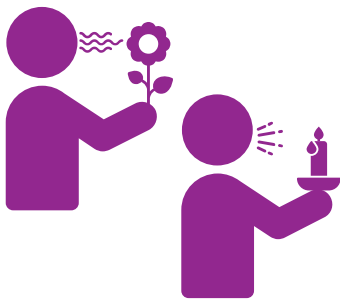
Practicing breathing throughout the week makes it easier to use breathing when you are feeling nervous or stressed. Strong Breathing helps you stay calmer when things go wrong, be ready for challenges, pay attention and focus better.

A calm breath is a slow, easy breath that feels relaxing. When you take calm breaths, it can help calm your mind. Taking calm breaths is a skill you can practice every day.

## STEP 1

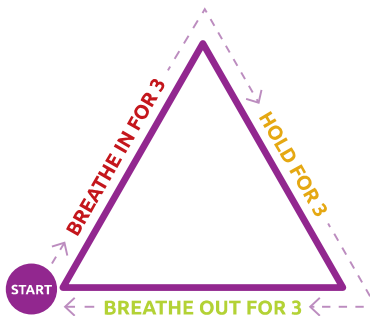
### Practice a breathing exercise.

- Choose one of the breathing activities.
- *Plan when you will do the breathing activity.* Examples could be **before** your workout, practice or game, **during** a stressful situation in your game, like before shooting a foul shot, when you first **wake up**, or **before you go to bed**.
- Complete 2 minutes of breathing exercises.



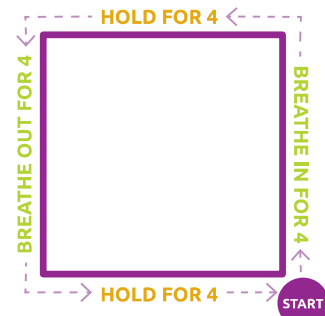
### Flower and Candle

*Pretend you are smelling a flower by breathing in slowly through your nose. Pretend you are blowing out a candle slowly.*



### Triangle Breathing

*Breathe in for 3 seconds, hold for 3 seconds, breathe out for 3 seconds.*



### Square Breathing

*Breathe in for 4 seconds, hold for 4 seconds, breathe out 4 seconds, hold for 4 seconds.*

## STEP 2

Fill in the blanks below with the help of a caregiver.

For this week the breathing exercise I am going to practice is:

- Flower and Candle
- Triangle Breathing
- Square Breathing

The time of day when I am going to practice my breathing is: \_\_\_\_\_  
(time)

How long will I practice breathing?

- I will choose a number between 5 and 10 and count that many breaths
- If I have a hard time keeping track I can use a counting method such as counting with my fingers, using bubble wrap, or pop-its
- I will set a timer for 1-5 minutes
- For as long as it takes me to feel calm

I will also try to use my breathing exercises when I feel nervous or stressed. Things in my sport that make me feel nervous or stressed are?

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(examples: before taking foul shots, before competitions, loud noises, cheering crowds, etc.)



## MAKE IT A HABIT

### My Breathing Practice Plan:

The type of breathing I will practice is \_\_\_\_\_  
(flower and candle, triangle, square)

I will practice this at \_\_\_\_\_ every day.  
(time)

**If this habit is important to you, be sure to add it to your Habit Tracker!  
This will help you schedule it into your week.**