

ACTIVITY

MINDFUL ANIMAL BREATHING CARDS

Quick and fun ways to pause, calm
down, and reset.

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HOW IT WORKS

Use these cards in your classroom as a quick way to practice calming down, re-centering, or taking a playful brain break. Each card has an easy-to-follow script and benefit, making it simple to guide students through mindful breathing in just a few minutes.

Try them during transitions, before tests, or anytime your class needs a reset.



Pro Tip: Print out the cards, laminate them, and add them to a ring so they're easy to flip through and keep close by.

TRY THEM DURING: ---

- **Morning meetings** to start the day calm and focused
- **Transitions** between subjects or activities to reset energy
- **Before tests** to ease nerves and build confidence
- **Small groups** as a centering activity before learning
- **End of day** to help students leave on a calm, positive note

HAPPY BUNNY BREATH

Let's all sit up nice and tall like calm little bunnies. Can you scrunch up your nose and show your bunny teeth? Give your nose a little twitch, just like a little, fluffy bunny! Now, place your hands on your knees.

We're going to take three quick little bunny sniffs through our nose. Ready? 1... 2... 3... Now gently breathe out through your mouth. Let's do it a few times together to bring some bunny joy into our day!



Benefit: This playful bunny breath helps children feel calm, happy, and focused by combining movement, imagination, and mindful breathing.

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FLAMINGO FRIENDS

It's time to be flamingo friends! Let's all stand tall and take a nice deep breath in to slow our bodies down. Now gently bend one knee and see if you can balance on one leg! Take your time! If that's tricky, just rest your toe on the floor.

Use your free hand to make a little flamingo beak and look around the room like a curious flamingo! You can even say hello with your beak to your flamingo friends. Let's keep breathing slowly and have some fun while we balance and ground ourselves.



Benefit: This joyful movement and breath activity helps children release energy, calm their minds, and express big feelings in playful, supportive ways.

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LION'S BREATH

Stand with your feet wide apart keeping your spine tall and strong! Breathe in deeply through your nose, and lift your arms high over your head!

Then, as you breathe out, bend your knees and arms and show your lion claws! Open your mouth wide, stick out your tongue, and let out a loud 'ahhh' sound, just like a roaring lion! Repeat a few times, letting your face and shoulders relax more with each breath.



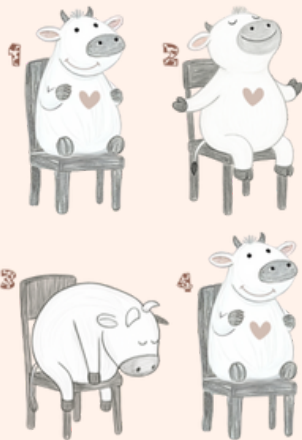
Benefit: Builds confidence and releases extra energy while helping children relax their faces and bodies through playful roaring.

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HAPPY COW SHINES HIS HEART

Sit up tall! Now let's take a deep breath in, and gently lift the head and heart, up to the sky! Let your heart shine forward like a proud, happy cow!

Now breathe out, gently round your back, tuck your chin, and imagine you're a cat curling up! Keep moving slowly with your breath! Shine your heart to the sky in happy cow pose as you breathe in! Curl up in cat pose as you breathe out.



Benefit: This gentle seated movement helps children release tension, improve posture, and feel calm and focused by connecting breath with motion.

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SUNFLOWER POSE

Let's stand up, feet apart and arms out, like a sunflower growing in the garden! Take a big breath in and stretch your arms up high! Now breathe out as we bend our knees and stretch the arms out wide, like you're hugging a big, sunflower in front of you!

Slowly fold down to the ground, letting your shoulders relax. Gently run your fingers along the floor, and let's pretend to plant sunflower seeds. Now slowly rise back up and take a nice, deep breath.



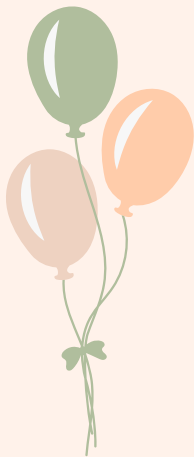
Option with Infants: If practicing with babies, you can have them laying or resting beneath you, so when you forward fold you can give them a little tickle or squeeze!

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BALLOON BREATH

Take a deep breath in, now blow it all out! Imagine a balloon floating above you. Think of something that's been worrying you. Take a deep breath in... and as you breathe out, imagine blowing that worry into the balloon, letting it float up into the sky.

Breathe in... and send another worry up and away as you breathe out at the balloon. Keep breathing slowly and feel your body and mind begin to relax.



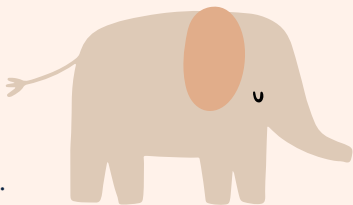
Benefit: This activity helps kids let go of worries by blowing them into a pretend balloon. Breathing and imagining together makes them feel calmer, lighter, and more relaxed.

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ELEPHANT TRUMPETS

Let's all stand with our feet wide apart like strong elephants! Now put your hands together, take a big breath in, and reach your arms up high, pressing your hands together to make a long elephant trunk! Imagine your trunk is filling up with love and kindness!

Now, let's breathe out, fold forward over your legs and let out a big elephant sound... 'Pawooo!' Let's try that three times to help clear our busy minds and share a little joy with the room!



Benefit: This joyful movement and breath activity helps children release energy, calm their minds, and express big feelings in playful, supportive ways.

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FLOATING KITTY BREATH

SCRIPT:

"Breathe in slow, I am calm."

(Children repeat: "I am calm.")

"Stretch like a kitty, safe and warm."

"Breathe out soft, I am light as air."

(Children repeat: "I am light as air.")

"Float like a leaf, drifting there."

"Hand on tummy, I am relaxed."

(Children repeat, "I am relaxed.")

"Floating kitty, calm at last."

(Children repeat,

"Floating kitty, calm at last.")



Benefit: Helps children slow down, use kind self-talk, and feel safe and cozy as they imagine stretching, floating, and relaxing like a calm kitty.

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HAPPY HIPPO BREATH

Happy Hippo Breath helps little ones feel calm and still, and brings out the giggles too! This breathing exercise also helps children breathe out fully, to make space for a fresh new breath.

Script:

1. Put your hands on your tummy.
2. Take a big breath in through your nose.
3. As you breathe out, make a silly "ho, ho, ho" sound, like how Santa does!
4. Watch your tummy go down each time you say "ho, ho, ho."
5. Keep going until your breath runs out.



Benefit: Helps children calm their bodies while having fun with silly sounds. This exercise encourages full breaths out, making room for fresh new energy.

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COOLING TACO BREATH

This simple but effective breathing technique serves to cool the body and mind.

SCRIPT:

- Let's sit up tall and let our shoulders relax. Now, make your tongue into a little taco shape, or make your lips into duck lips. Breathe in slowly through your mouth, feeling the cool air come in.
- Then close your mouth and breathe out gently through your nose. Each time you breathe in this way, it feels a little cooler and calmer.
- Let's try it together for a few breaths! This will look different for everyone, just try your best!



Benefit: Helps children cool down their bodies and calm their minds, giving them a fun way to relax when they feel warm or restless.

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This resource was created in collaboration with **Alpaca and HERE**, alongside passionate educators and school leaders who shared their insights, experiences, and ideas.

Together, we're building tools that support the people who make schools extraordinary—because we're here for you, for them.

HERE is a mindfulness and early-intervention wellness organization dedicated to supporting children, teens, educators, behavioral-health providers, and families. They offer evidence-informed tools—such as activity packs, yoga, breathing exercises, journaling, creative projects, and interactive mindfulness hubs—to nurture resilience, calm, balance, and belonging for youth and their caregivers. Learn more at <https://hereforyouforthem.com>.