



# RAINBOW BREATHING

CALMING & REFOCUSING STRATEGIES

## HOW-TO DIRECTIONS

### Procedure

- Stand tall with hands down at your side, palms facing out
- Open and close hands to warm them up
- Step 1: slowly lift arms up along your sides and over head then slowly bring arms down, returning to sides
- Step 2: breathe in as arms come up, breathe normally as your arms are over head for a few seconds, then take a breath and exhale as you bring your arms down
- Repeat Step 2 a few times, breathing in as you go up, and exhaling as your arms come down

### Modifications

- Sit comfortably in a chair making sure you are sitting tall at the edge of your seat while completing the stretch



VIRGINIA  
Chief Movement Officer

A graphic of a rainbow made of small, multi-colored squares above the word "fresh" in a bold, dark blue font.  
**fresh**  
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