



## Communication and Autism Team (CAT)

### Deep Breathing Exercises

Count slowly - 1 2 3  
Smell the flower – Take in a  
deep breath through  
the nose



Then breath out through the  
mouth - Count slowly - 1 2 3  
and blow out  
the candles



Count slowly 1 2 3  
Breathe slowly in through your **nose**.  
Then slowly breathe softly out of  
your **mouth** (like you are blowing  
SMALL bubbles in a drink!)  
Do enough Milkshake Breaths to  
calm down and feel relaxed!!  
Soft breaths, nice and slow, relax,  
small bubbles – no spilling!

