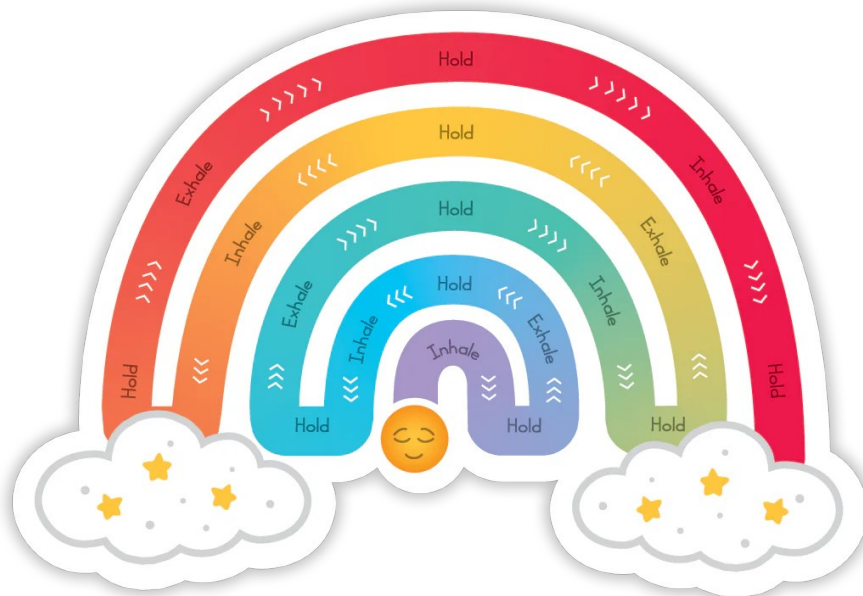


Rainbow Breathing and Grounding

Try a gentle breathing rhythm while tracing a color with your finger. You can stop at any time or choose the grounding practice below.

Follow one color at a time

Breathe in gently where the rainbow says “Inhale,” then breathe out gently where it says “Exhale.” At “Hold,” pause only if that feels comfortable. You may skip every hold and breathe naturally. There is no required count.



Keep the breath easy and unforced. If you feel dizzy, short of breath, or more anxious, stop and return to your normal breathing.

Notice what is around you

Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Use the senses available to you. You can also name colors, shapes, or objects around you.

For a child: A trusted adult can trace and breathe alongside them. Let the child choose whether to join in; keep the pace comfortable.

Sources [NHS breathing exercises for stress](#)