



*Self Care Coloring and
Breathing Book*
with Daily Journal



List 10 small things
that make you smile.

1

2

3

4

5

6

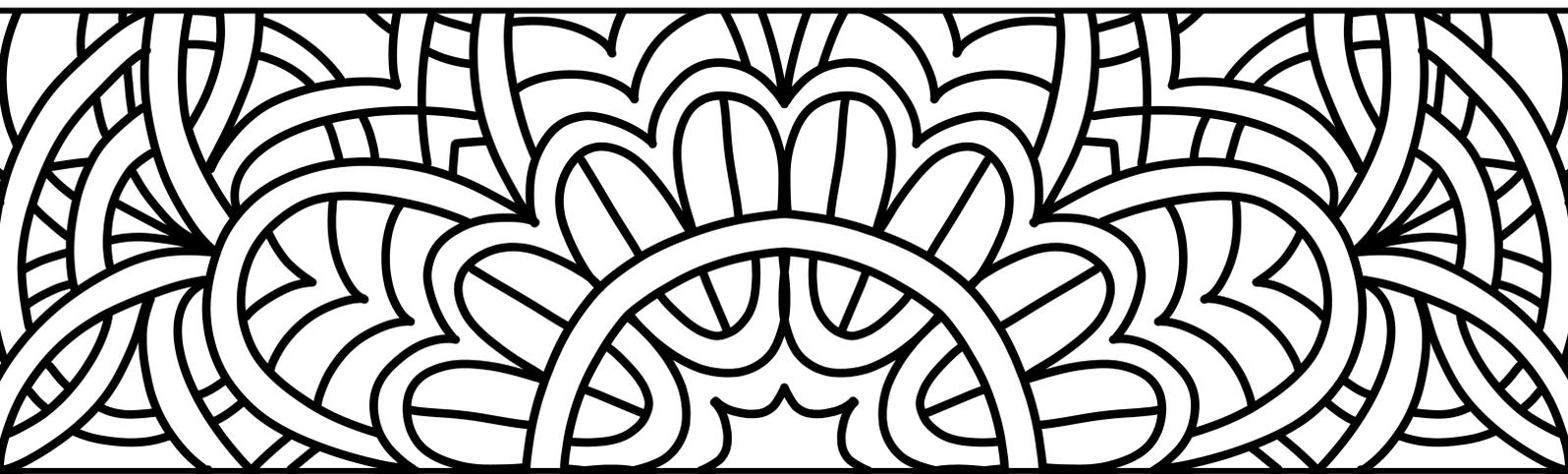
7

8

9

1

0



Mood tracker

Mon

Tue

Wed

Thu

Fri

Sat

Sun

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happy



in love



calm



stressed



sad



angry

Habit tracker

Habits:

Mon

Tue

Wed

Thu

Fri

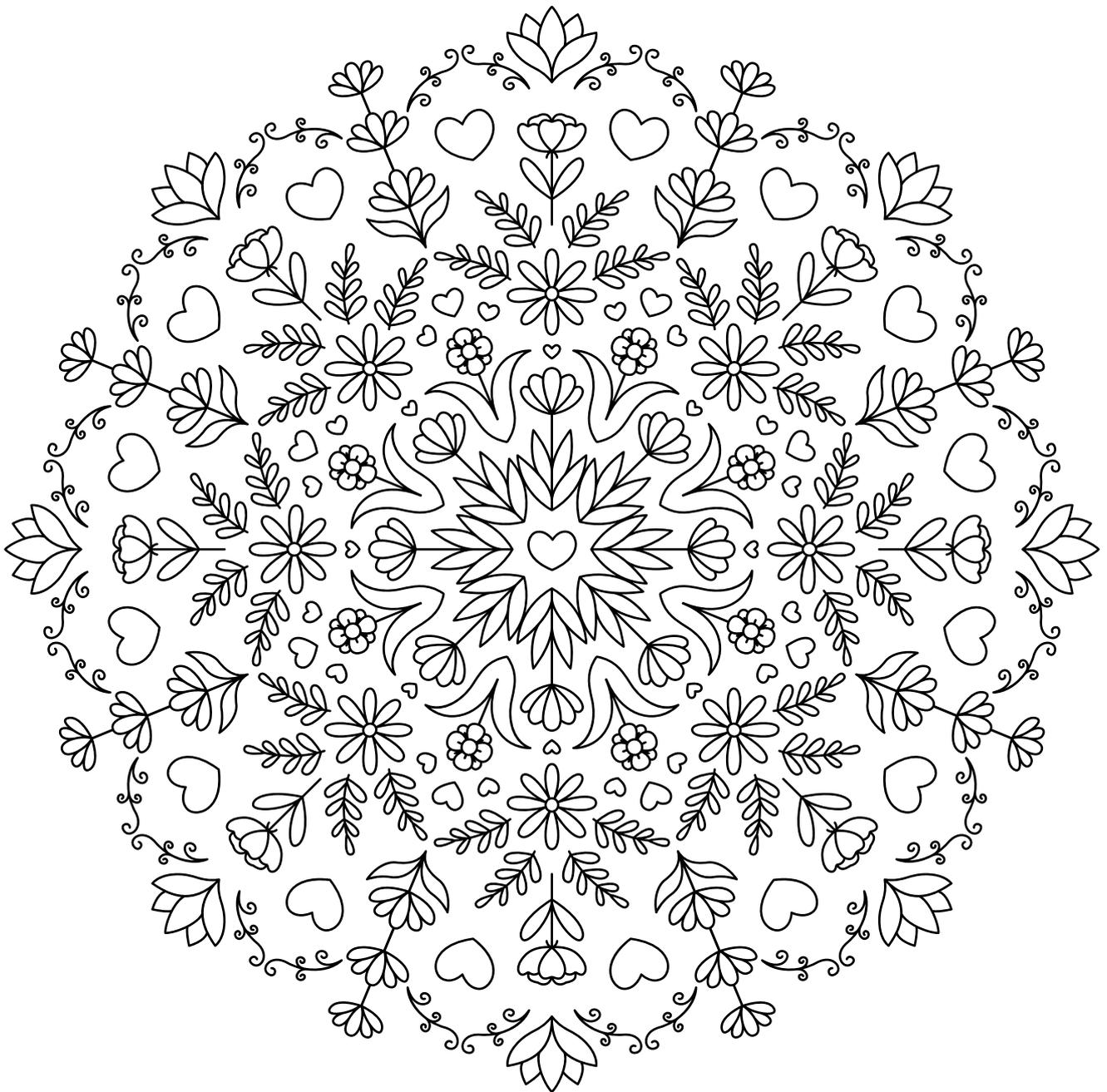
Sat

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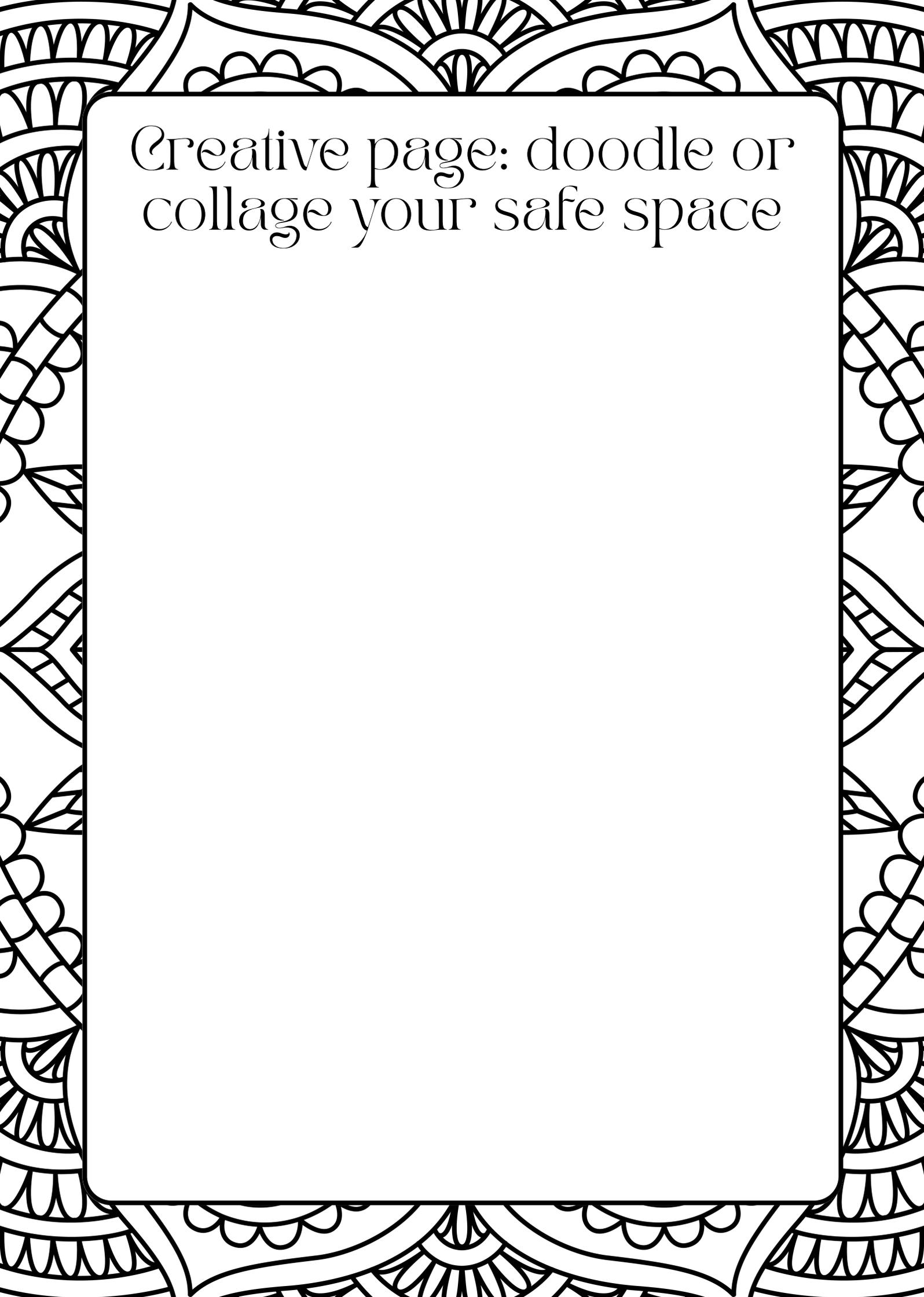
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notes:

Love Mandala



What does love mean to
me right now?



Creative page: doodle or
collage your safe space

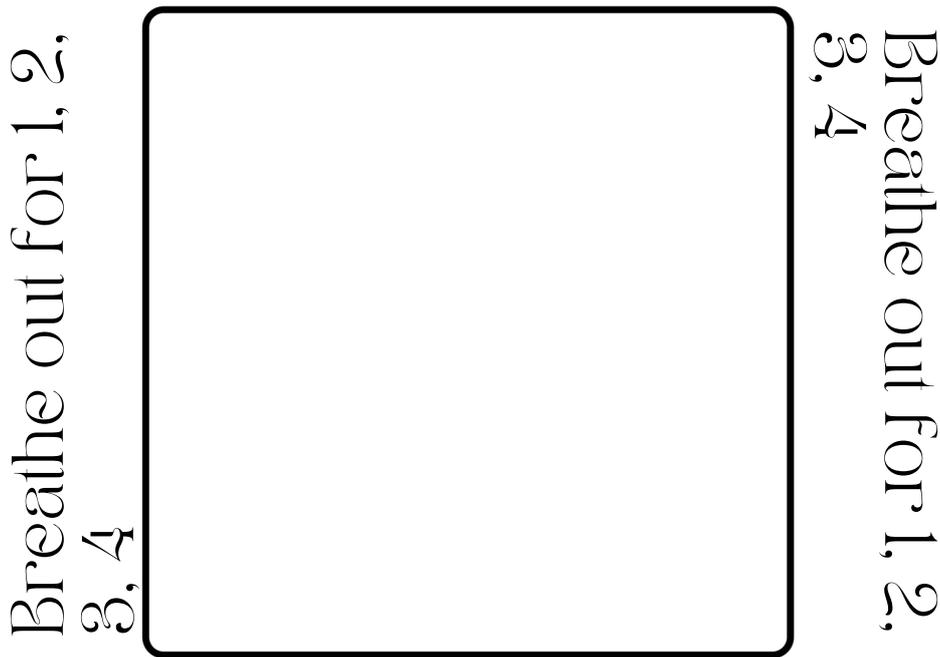
FEATHER BREATHING



- Imagine holding a feather in your hand. Put one hand on your stomach. Take a deep breath.
- Notice your hand rising and falling with each breath.
- Breathe in slowly for a count of 3. Then, slowly breathe out through the nose.
- While breathing out, imagine blowing gently up one side of the feather and down the other side.

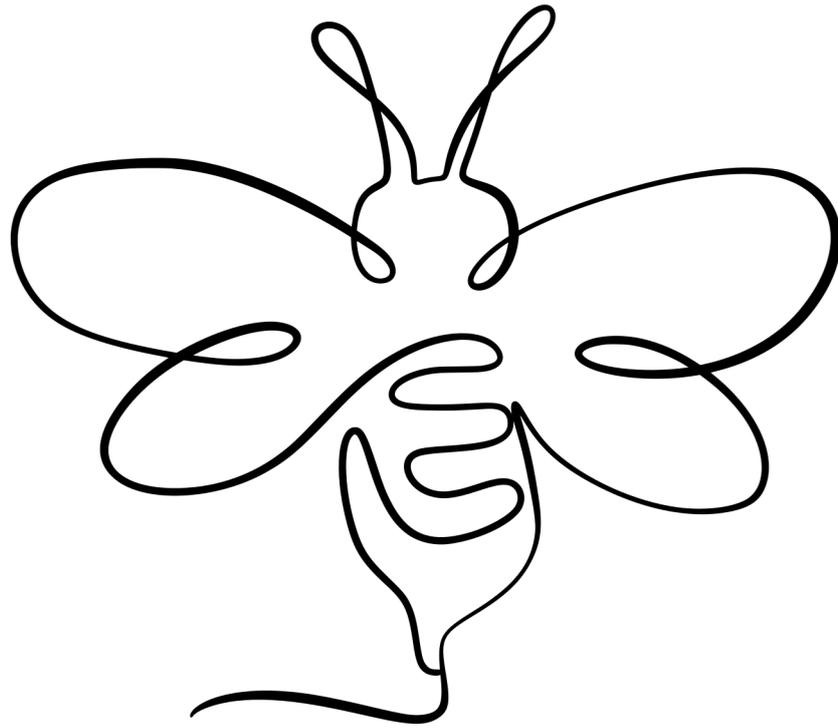
BOX BREATHING

Breathe in for 1, 2, 3, 4



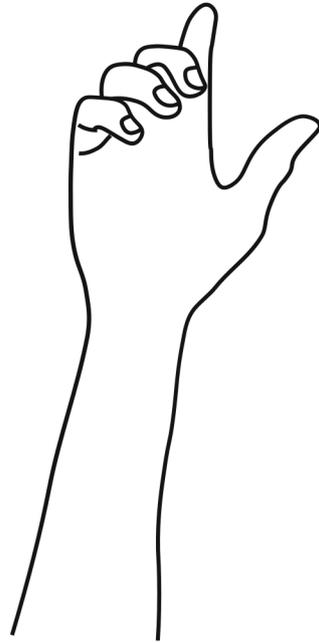
- Breathe in at a count of 4 while tracing one side of the box. Then breathe out for 4. Once again, breathe in for 4. And out for 4 while tracing the last side of the box.

BUMBLEBEE BREATH



- Sit down with your legs crossed. Breathe in
- through your nose for a count of 4.
- As you breathe out, make a bee buzzing or humming
- sound. Do this again 5 to 10 times.

FIVE FINGER BREATHING



- Sit comfortably with your back straight.
- Open the palm of one hand.
- Now, with the pointer finger on your other hand, slowly trace your fingers while breathing.
- Trace up one side of your thumb, count 1, 2, 3, and trace down the other side of your thumb, counting 1, 2, 3. Repeat for all five fingers.
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SHOULDER ROLL BREATH



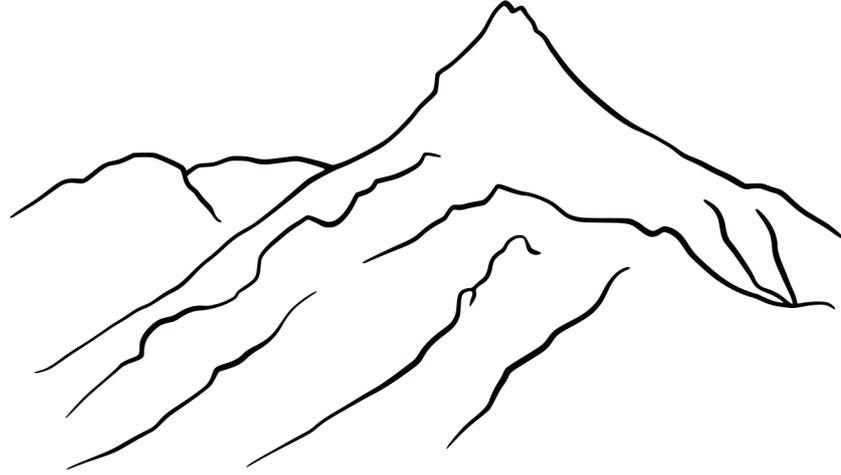
- Take a deep breath in through your nose and relax your body.
- Now roll your shoulders up to your ears as you breathe in for a count of 3.
- Breathe out through your mouth and roll your shoulders down and back, as you exhale for a count of 4.
- Repeat slowly in a continuous movement of shoulder rolls while breathing in and out.

ONE NOSTRIL BREATH



Place a finger on one nostril, and take a deep breath. Now, switch your finger to the other nostril and breathe out. Now swap back to the other nostril and breathe in again. Repeat 10 more times.

MOUNTAIN BREATHING



- Breathe in through your nose and raise your arms high above your head. Bring your palms together above the top of your head. Imagine you are as tall as a mountain.
- Push your feet into the floor. Imagine that your feet are like roots. Strong, sturdy, and tall.
- Breathe out through your mouth and bring your palms together in front of your chest. Repeat this
- 5-10 times.