



BREATHING COLORS

Purpose & Focus

Helps participants build stress relief skills

Participants

Any number of participants.

Time Allotment

5 – 15 Minutes

Activity Level

Low

Materials

No materials required

Method

- Have the participants sit or stand comfortably, keep their body straight.
- Ask the participants to be still and silent, softening their breath and shutting their eyes.
- Ask the participants to think of a relaxing color. It can be any color, as long as it reminds them of relaxing.
- Ask the participants to think of a color that represents stress, sadness or anger.
- Instruct the participants to imagine that they are surrounded by the relaxing color. No longer is the air clear, it is the relaxing color.
- Have the participants take a deep breath in and imagine breathing in the relaxing color, imagining the color filling their lungs. Instruct the participants to you breathe out, imagining their breath is the color of stress.
- Once the participants have taken a few full breaths, ask them to see the stress color mix into the relaxing color around them and watch it disappear.
- Repeat to the participants to breath in their relaxing color and breath out their stress color.

Continue for 3 to 5 minutes.