



Canopy Breathing Cards

Cut out the cards or leave the page whole. Choose the prompt that feels easiest today.

1 S'hello Breath

Put a hand somewhere comfortable. Breathe in gently for 4. Let the breath out slowly for 6. Repeat 3 times.

2 Leaf Float

Imagine a leaf gliding down through the canopy. Let your exhale last as long as the leaf takes to land.

3 Moss's Tiny Pause

Take one easy breath. While you breathe out, notice one very small thing you did not notice before.

If slow breathing feels uncomfortable, stop and return to your normal breath.



Canopy Breathing Cards

Cut out the cards or leave the page whole. Choose the prompt that feels easiest today.

4 Canopy Count

Breathe normally. Count 1 on the first breath, 2 on the second, and 3 on the third. Then stop counting.

5 Resting Branch

Let your shoulders drop like a branch settling after the wind. Take two comfortable breaths.

6 Rain Drop Breath

Breathe in gently. Pause for just a moment if that feels okay. Let the breath out slowly like a drop sliding from a leaf.

If slow breathing feels uncomfortable, stop and return to your normal breath.