

Terms of Use

Thank you for your purchase!

By purchasing this resource, you agree that the contents are the property of **Resilient Mind Resources** and licensed to you only for single-user use in your classroom, therapy practice, or personal use. I retain the copyright and reserve all rights to this product.

What You May Do:

- Use free and purchased items for your classroom, therapy practice, or personal use.
- Reference this product in blog posts, seminars, professional development, workshops, or other venues, provided I am credited as the author and a link to my website or TPT store is included in the presentation.

What You May Not Do:

- Claim this work as your own, alter the files in any way, or remove any copyright/watermarks.
 - Sell the files or combine them into another unit for sale or distribution, free or paid.
 - Post this document for sale or free distribution elsewhere on the internet (including Google Doc links on blogs).
 - Make copies of purchased items to share with others. This is strictly prohibited and a violation of these Terms of Use and copyright law.
-

Thank you for abiding by universally accepted codes of professional ethics while using this product. If you encounter an issue with your file, notice an error, or are in any way experiencing a problem, please get in touch with me, and I will be more than happy to help sort it out. You can message me at hello@resilientmindresources.com.

Be gentle with yourself!
Emma Andreway

Find more exciting resources!



Teachers Pay Teachers



[resilientmindresources.com](https://www.resilientmindresources.com)

Connect with me on social media!



Resilient Mind Resources



@resilientmindresources



@resilientmindresources



@resilientresources.bsky.social

Rainbow Breathing

This rainbow can be used in two different ways.

Arch Breaths:

1. Trace your finger along each arch of the rainbow.
2. As you trace up to the top of each arch, breathe in slowly through your nose.
3. As you trace down the other side, breathe out slowly through your mouth.
4. Continue this pattern for each arch, and repeat the process until you feel calm and centered.

Color Connection:

1. Color each arch of the rainbow a different color. You can use traditional rainbow colors or choose colors that resonate with you.
2. As you focus on each color, breathe in slowly through your nose and out through your mouth.
3. Look around your environment and find something that matches the color of each arch. Focus on that object as you breathe.
4. Repeat this for each color of the rainbow, and continue until you feel grounded.

