

### Rainbow Heart Breath



[greengenerations.org](http://greengenerations.org)

1. Reflect on each color in the rainbow heart.  
**Purple = Creativity**  
**Blue = Calmness**  
**Green = Renewal**  
**Yellow = Happiness**  
**Red = Energy**  
**Pink = Peacefulness**
2. Connect with your heart and ask yourself what color are you feeling or what color do you feel you need?
3. With that color in mind, place your finger on the black outline in the middle of the heart.
4. As you trace clockwise, take a deep breath in thinking of the color you chose and say "I need \_\_\_\_ (**energy**)."
5. Exhale as you trace your finger upwards.
6. Repeat 2 more times.

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# Mindfulness: Rainbow Heart Breath