

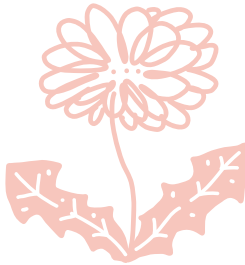
BREATHING EXERCISES

Teaching Kids to Calm through Breath



Smell the Soup; Blow the Soup

Have child cup their hands and imagine they are holding a bowl of soup. Help the practice taking a deep breath in through the nose and out through their mouth as they smell the soup, blow the soup!



Smell the Flower; Blow the Dandelion

Invite the child to imagine smelling the flower, and blowing the dandelion to assist with controlling the breath in through the nose and out through the mouth.



Belly Breathing with a Stuffed Animal

Invite the child to place a stuffed animal on their belly as they lay down, breathing slowly as they move their friend up and down.

