

8 GREAT WAYS TO PRACTICE DEEP BREATHING

BREATHING WITH BUBBLES

Hold out a bubble wand and take a deep breath in. Then, breathe out slowly and gently and watch the bubbles form and float around the room.



PINWHEEL BREATHING

Hold out a pinwheel and breathe slowly on the pinwheel to get it to spin. If you blow too harsh or too fast, it might not move. Slow, deep breaths get the pinwheel spinning around and around.

SMELL THE FLOWER AND BLOW OUT THE CANDLES

Pretend you are smelling a beautiful, fragrant flower. Take a deep breath in to fully take in the scent. Now pretend that in front of you is a birthday cake with lots of candles. Take a deep breath out to blow out all those candles. Practice breathing in the flower and blowing out the candles a couple of times.

SMELL AND COOL THE HOT CHOCOLATE

Pretend you have a piping hot cup of cocoa in your hands. You are excited to take a sip, but first you need it to cool down. You inhale the smell of the delicious hot chocolate and then blow slowly on it to cool it down.

ROCKET SHIP

Stand or sit upright and place your hands together in front of your chest like you are a rocket about to get ready for takeoff! Take a deep breath in and count down from five. When you get to 0, blast off into space by lifting your hands in an upward motion until your arms are straight up above your head. Add a whooshing sound to your rocket as you take off by exhaling aloud!

DRAGON BREATHING

Take a deep breath in through your nose and breathe out through your mouth. As you breathe out, attempt to do a small dragon roar. You can even move your arms like dragon wings as you breathe in and out!

STUFFED ANIMAL BREATHING

Lay down and place a stuffed animal on your belly. Take a few deep breaths in and out and watch your belly move the stuffed animal up and down.

BACK TO BACK BREATHING

Find a partner and sit on the ground with your backs pressed together. Sit upright and tall and take a deep breath in and slowly exhale. Your partner should feel you breathing on the other side. Now practice breathing in and out at the same time and try to synchronize your breaths.

Recommended books:

Alphabreaths: The ABCs of Mindful Breathing by Christopher Willard, Daniel Rechtschaffen, & Holly Clifton-Brown

Bee Calm: The buzz on yoga by Frank J. Sileo

Breathe by Ines Castel-Branco

Peaceful Piggy Meditation by Kerry Lee MacLean

Recommended resources:

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

<https://nfrc.ucla.edu/sites/default/files/DeepBreathingforChildren.pdf>