

Breathing Exercises

Breathing exercises are a great way for children to self-regulate, as well as help them to feel calm and empowered. Explore and model different techniques and encourage your child(ren) to practice daily (not just when they're feeling those big emotions).

Why?

- *helps to develop self-regulation skills**
- *lowers anxiety and stress levels**
- *improves focus and concentration**
- *promotes the development of coping skills**
- *enables you to access the executive functioning in the brain so you can reason and problem solve**
- *promotes mindfulness**

How?

There are many different breathing exercises out there. Help your child find one that works best for them!

Here are a few examples (with video links from Miss Diana):

Bumblebee Breathes - take a deep breath and make a 'buzzing' sound as you exhale



Blow out the Candle - have your child pretend to pick and smell a flower (inhale). In their other hand pretend they're holding a birthday cake with candles (exhale)



Blow up a Balloon - sit cross-legged on the ground and pretend you're a balloon that needs to be blown up! Take a deep breath in and as you exhale, extend your arms out and up (like a balloon). When the balloon is full, exhale!

