

Take A Deep Breath

Parents/Guardians: Guide your child through these breathing exercises to practice calming (or have them teach the exercises to you!)

Focused Breathing

1. Find a space and sit with your legs crossed.
2. Focus on an object in front of you.
3. Take a deep breath in from your nose (like smelling flowers). Then exhale out through your mouth (like blowing a bubble).
4. Repeat this five times.



Breathe In, Breathe Out

1. Find a space and sit with your legs crossed.
2. Hold up 3 fingers.
3. Take a deep breath in from your nose.
4. Breathe out from your mouth. As you exhale, say a number (counting backward from 3) and lower a finger.
5. Repeat this five times.