

Everyone feels too fast, or too mad,
or too scared sometimes.

Using calming breaths can help.

Pick a favorite or try a combination.

4-6 short breaths in through nose

1 long slow exhalation through mouth

Repeat cycle 3-5 times

Bunny
Breath



BALLOON BREATHING

Step 1: Inhale Fully

Place your hands on your belly. Breath in slowly through your nose to fill your lungs all the way to the top, as you feel your belly, abdomen and chest expanding out like a big balloon...



Step 2: Exhale Fully

Now open your mouth and slowly blow all of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon. Repeat, but the next time close your mouth and practice breathing in, and out, through your nose, as you feel your belly expanding and shrinking.



Little Twisters Yoga.com

Stretchy Sam's Sleepy Starfish

Now... take in a deep breath and as you breathe in, squeeze all the muscles in your body. Now, breathe out slowly and relax all the muscles in your body.



Calm kids

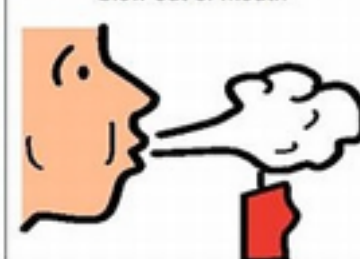
Exercise 4 - Relaxation & Breathing

Flower/Candle

breathe in through nose



blow out of mouth



Belly breathing can help you feel calm.
Belly breathing can help you feel better. **Try it!**



Now... take a deep breath into your tummy and feel your tummy grow and push out, the hand on your chest should be nice and still. Then, breathe out slowly and with no effort at all slowly pull your tummy in.

Finally... try this breathing until your chest is still and your tummy moves.

First... sit up straight in your chair (or lie down if you can) and make sure you are comfortable. Keep your shoulders back and let your arms flop, let your legs flop, let your whole body feel floppy.

Then... think about your breathing, put one hand on your chest and one on your tummy. Now breathe in and out slowly three times and try not to move your chest. Is your chest or your tummy moving?



Bendy Ben's Belly Breathing Calm kids

Exercise 1 - Deep Breathing