

Deep Breathing Exercises



Using Props

Use bubbles: Blowing gently to create bubbles is a good way to be playful and breathe deeply. Children have to blow carefully and slowly to make the bubbles.

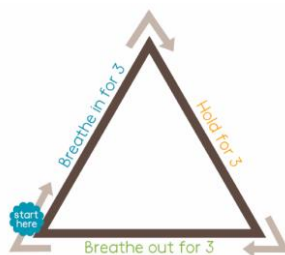
Use a soft toy: Have your child lay down on their back and put a soft toy on their stomach. Have them breathe in and move the toy up, then breathe out and bring the toy back down. This helps teach children to use their stomach to take big deep breaths.

Use a feather: Get some coloured feathers and pick out one feather to use. It could be a colour that they love or one that makes them feel calm. Breathe in and hold it for a count of 3, then breathe out going up on one side of the feather and down the other side.

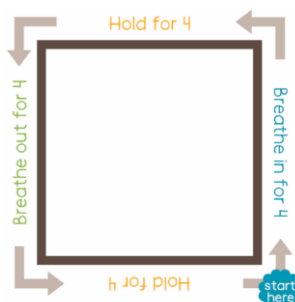
DIY Crafts: Use half a paper plate, crepe paper or ribbons and have your child blow the crepe paper or ribbons as they take deep breaths. Attach the crepe paper to the flat bottom of the paper plate. Attach wool or string to the top centre of the curved part of the paper plate as a hanger. Decorate the paper plate any way your child wants, eg. as a monster, or a creature, or with stickers.

Deep Breathing Using Shapes

Triangle Breathing: Start at the bottom left of the triangle. Breathe in for three counts as you trace the first side of the triangle. Hold your breath for three counts as you trace the second side of the triangle. Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.



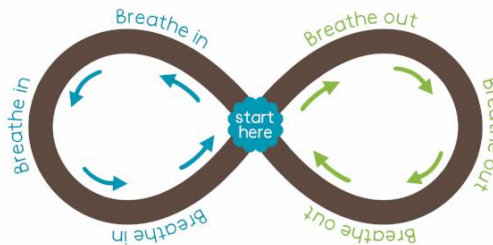
Square Breathing: Start at the bottom right of the square. Breathe in for four counts as you trace the first side of the square. Hold your breath for four counts as you trace the second side of the square. Breathe out for four counts as you trace the third side of the square. Hold your breath for four counts as you trace the final side of the square. You just completed one deep breath!



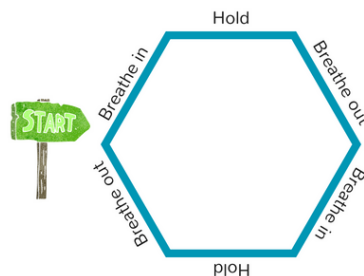
Star Breathing: Start at any “Breathe In” side on the star. Trace your finger over the "breathe in" side of the point. Hold your breath when your finger gets to the tip of the point. Breathe out as you trace your finger over the other side of the point. Keep going until you reach where you started. When you trace the whole star, you will have completed 5 deep breaths.



Lazy 8 Breathing: Start with the eight on its side and start in the middle. Go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the eight again, breathe out while you trace the right part of the 8 with your finger.



6 Sided Breathing: Start at the left hand side of the hexagon. Trace your finger over the "breathe in" side as you take a deep breath in. Hold your breath as you trace the second side of the hexagon. Breathe out as you trace the third side of the hexagon. Then repeat for the bottom part of the hexagon.



Breathing Using Your Imagination

- Breathe in like a flower, breathe out like you are blowing out birthday candles.
- Breathe in blue sky, Breathe out grey skies.
- Pretend your stomach is like a balloon. Breathe in and make the balloon bigger, then breathe out and make the balloon shrink.
- Smell the soup, cool the soup or smell the hot cocoa, cool the hot cocoa

Darth Vader Breathing: Pretend you have a straw in your mouth, suck in through the straw and breathe in. Breathe out like Darth Vader.

Ocean Breathing: Breathe in and imagine the wave rolling in, breathe out and imagine the wave rolling out.

Colour breathing: Breathe in and imagine a calm, happy, positive colour. Breathe out and imagine a colour that represents stress, anxiety, etc. leaving your body.

Soft Tummy: Say to yourself “soft” as you breathe in and “tummy” as you breathe out.

Animal Breathing

Whale Breath: Sitting cross-legged, sit up tall and take a deep breathe in. Hold it while you count to 5 with your fingers then tilt head up to blow it out of blowhole. You can also put your hands up on top of head to create the blow hole to “blow” out.

Snake Breath: Breathe in, pause briefly, then breathe out slowly while you make a hissing sound for as long as you can.

Bunny Breath: You can do this breathing either while sitting, or add movement to it. Adapt it with the sitting version - make “bunny” hands in front of chest and take quick sniffs like a bunny, or movement version - start in a squat and hop forward while taking quick bunny sniffs.

Bumblebee Breath: Breathe in and pretend you are smelling a flower. As you breathe out, make humming bee sound. Try different ways of making the sound - longer or shorter, high or low sounds.

Deep Breathing with Numbers

5 - 5 - 10 Breathing: Breathe in for 5, hold for 5 and breathe out for 10.

7-11 Breathing: Breathe in for 7, exhale for 11.

Count to 10: Breathe in ONE, exhale TWO, inhale THREE, exhale FOUR, inhale FIVE, exhale SIX, inhale SEVEN, exhale EIGHT, inhale NINE, exhale TEN.

Deep Breathing With Your Body

Using your hand to take a deep breath: Mountain Breathing

Put up one hand, palm facing out and fingers spread apart. Place the index finger of your other hand at the base of your thumb and breathe in while you move your finger up one side of your thumb. Move your finger down the other side of your thumb and breathe out. Do the same thing with the remaining four fingers, and take deep breaths in and out as you move your finger. After you have reached the second side of your little finger, you'll have done 5 complete deep breaths.

You can also do this with a close friend or trusted adult. Have them spread their hand out and use your finger to trace their hand and do deep breaths. Or do the opposite: spread your hand out and have them use their finger and trace yours. You can do deep breaths together!

Hands to Shoulders

Sometimes you breathe from your chest instead of your belly, but it is hard to notice. This is an easy way to figure out if you are moving your chest or your stomach when you're breathing. While sitting or standing, put your hands down by your sides. Then bend your arms at your elbows and place them on the front of your shoulders. Try taking a deep breath. If your shoulders are moving a lot, focus more on taking breaths using your belly.

Rainbow Breathing

Arms start at the side of your body; arms go up as you breathe in and go down as you breathe out (arms make a rainbow).

Volcano Breaths

Pretend your hands and arms are like lava flowing from a volcano. Start with your hands in front of your heart, with palms touching. Keeping your hands together, reach straight up and breathe in. Separate your hands and move your arms down to your side and breathe out.

Explosion Breaths

Start in a standing position. Breathe in as you crouch down. Then, jump up, spreading your arms and legs as you breathe out.

Nostril Breathing

Block one nostril, breathe in for 5, block the other nostril, breathe out for 5.

Wood Chopper Breathing

Standing tall with legs hip distance apart. Clasp hands together and raise your arms above your head. Breathe in through nose. Exhale and pull your hands down toward your legs as you say "HA" to "chop" wood.