

Deep Breathing

Fun ways to teach kids about deep breathing!

Blowing a Pinwheel

Such a simple, yet fun toy! Who doesn't love to watch the pinwheel colors mix together as it spins...

1. Have your child take a deep breath (remind them slow and deep)
2. Hold their breath for 2 seconds
3. Release their breath by blowing the pinwheel
4. repeat 2 more times

Candle and Flower

1. Gather together a candle (you can light it if you feel your child is old enough) and a flower
2. starting with the flower, have you child take a deep breath (remind them slow and deep) through their nose as if they are smelling the flower
3. When they are breathing in the flower, have them pretend they are breathing in good, calm feelings
4. Hold their breath for 2 seconds
5. Release their breath by slowly blowing out the candle, pretending that they are breathing out the angry, yucky feelings
6. Repeat 2 more times