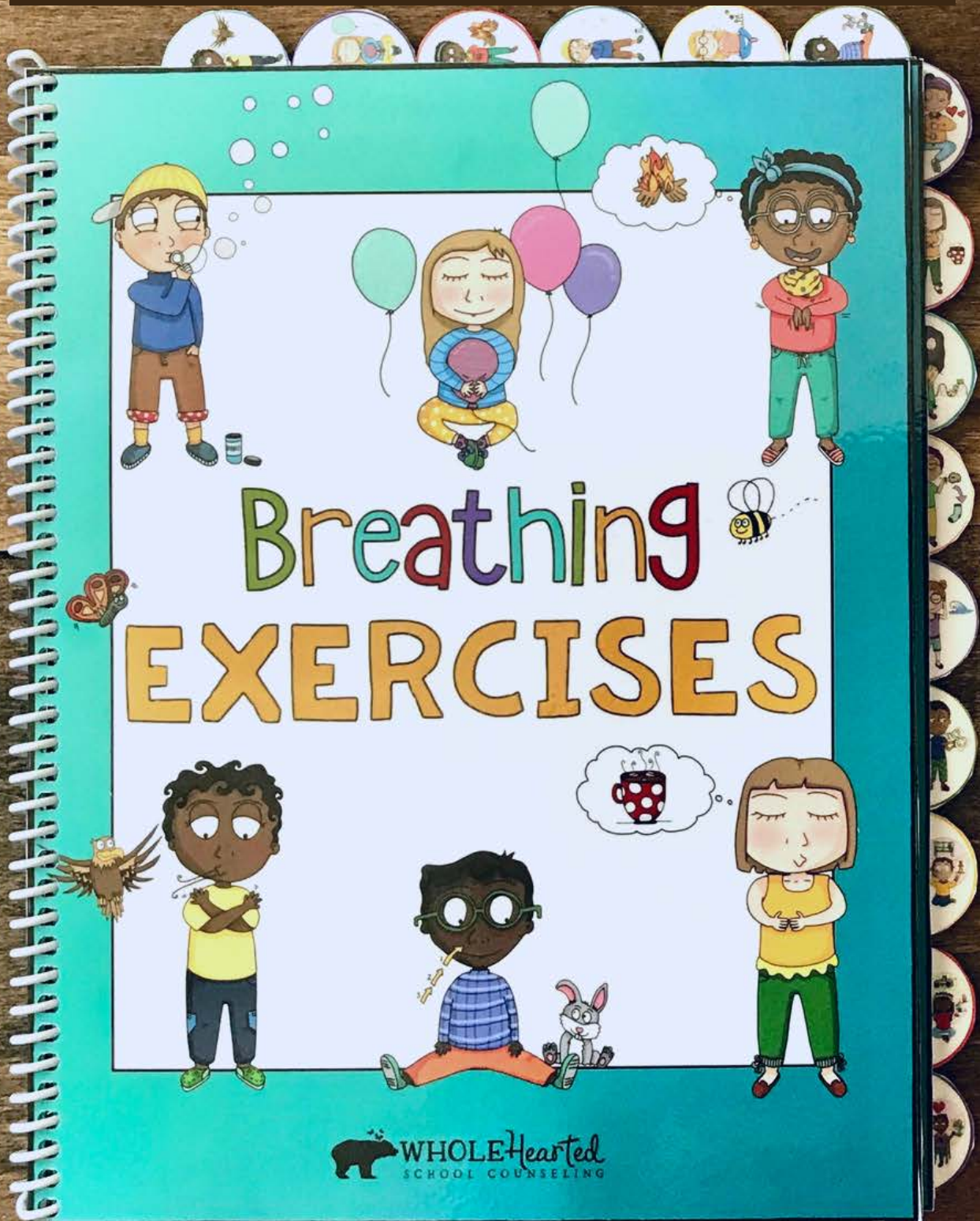
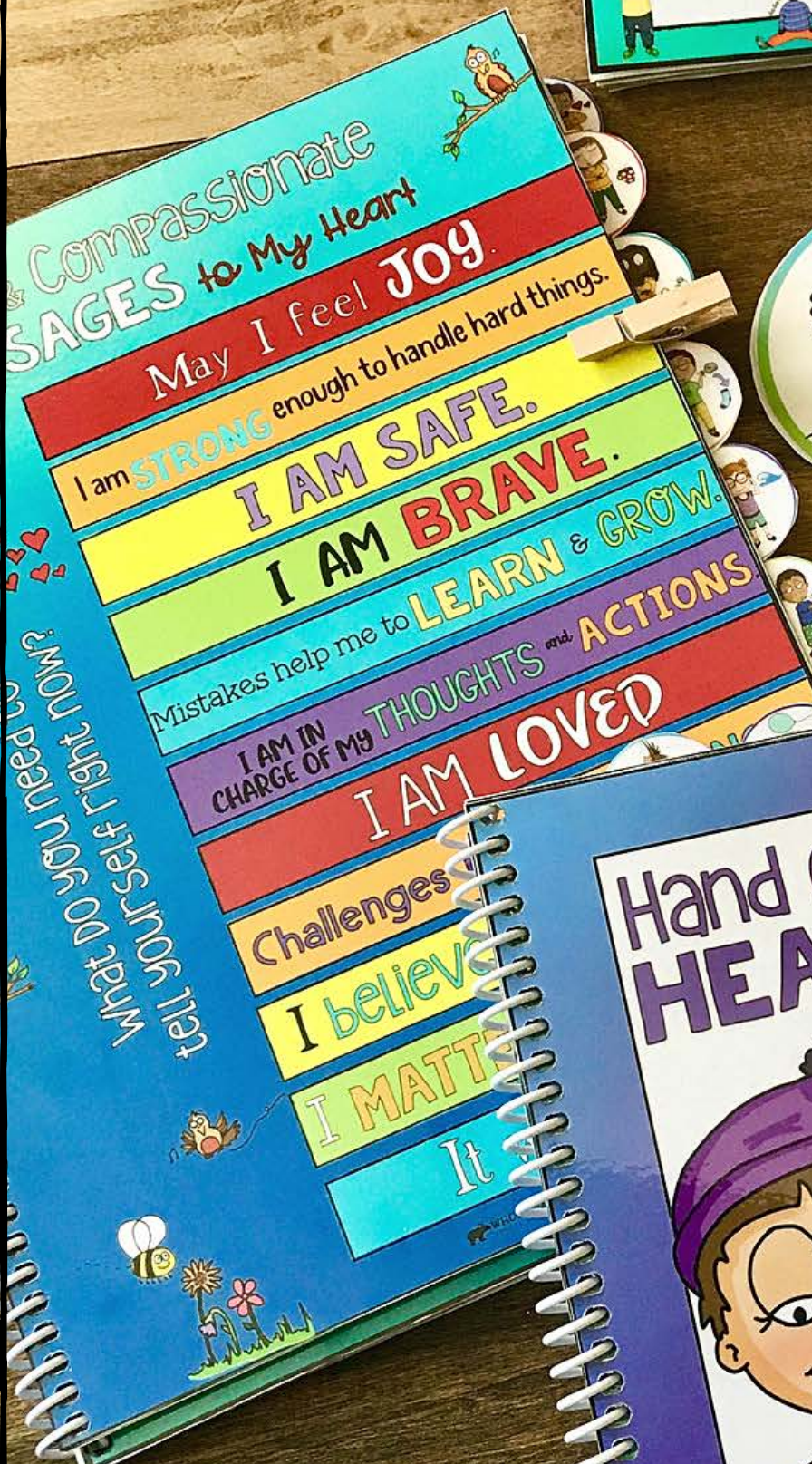


Breathing EXERCISES for Kids!





1. Place one hand over your heart.
2. Place your other hand over your belly.
3. Zoom your attention on your breathing and to the sensations in the space between your 2 hands.
4. Do this for a few moments.
5. Move your hand from your belly to your forehead.
6. Focus on your breath and space between your hands.
7. Place both hands over your heart.
8. Tell yourself something kind and compassionate, such as, "I am lovable" or "Everything will be okay."

Use in Your Calm Corner!

Interactive Breathing Exercise Book!

(For more kind and compassionate messages see page.)

Reminder Breathing Bracelets & Bookmarks



Balloon BELLY
Pretend that your belly is like a balloon. As you take in a slow, strong breath, notice how the balloon gets bigger as it inflates with air. Then as you slowly breathe out, pay attention to how the balloon gets smaller as it deflates. Take a few, quiet moments to practice slowly inflating and deflating your balloon belly.

FIRE HANDS

What I **FEEL**

Roller COASTER

What I **HEAR**

Buzzing BEE

Balloon BELLY

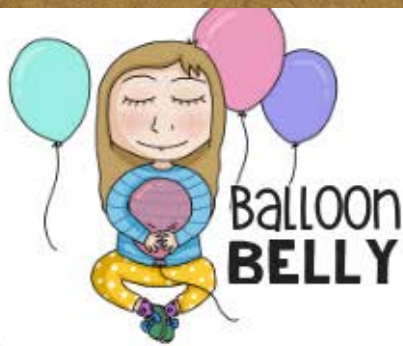
Rocks & SOCKS

Hot COCO

Perfect for Calming Brain Breaks



Hawk HUG



Balloon BELLY



Fire HANDS



Bubble BREATH



Roller COASTER



Buzzing BEE



Hot COCOA



ROCK SOCKS

MY Breathing EXERCISES

WHOLEHearted SCHOOL COUNSELING



Bunny SNIFF



Ocean WAVES

THE Breathing BINGO CHALLENGE!

families, We are learning fun, new ways to practice mindful breathing in class. Mindful breathing can help us to feel calmer, focus, make better choices, and even improve our memory! To help your child build their "take-a-deep-breath-muscles," you can practice these breathing exercises with your child. (They may even come in handy at home, too!)

Place an "X" on each square after practicing the breathing exercise listed. Once all of the boxes have been checked off, remind your child to return the signed copy to school. Thank you!

I am lovable.

and over

Ocean WAVES

- 1) Cover your ears with your hands.
- 2) Close your eyes.
- 3) Take long and slow in-breaths and out-breaths.
- 4) Zoom your attention to the sound that your breathing makes.
- 5) Visualize peaceful ocean waves rolling slowly back and forth towards the shore.

Rocks & SOCKS

- 1) Take in a deep, strong breath.
- 2) Make fists with your hands.
- 3) Squeeze your hands with as much force as you can. It is as if your strength can transform your fists into solid, indestructible rocks.
- 4) When you can't stand it any longer, exhale and release your fists.
- 5) Let go of all that tension and relax as if your hands and arms have turned into floppy, dangling socks.
- 6) Try turning other parts of your body, such as your shoulders, legs, and feet, into rocks and socks, too!

Trace EIGHT

- 1) Pretend that your index finger is an imaginary pencil.
- 2) As you breathe in, trace or "draw" the top part of the number 8 in the air, on the table, or on your leg.
- 3) Trace the bottom part of the number 8 as you breathe out.
- 4) If you have a Breathing Board, you can also use that to guide you.

What I SEE

- 1) Look around and notice what surrounds you.
- 2) What are 3 things that you see right now?
- 3) Tell yourself the names of those 3 things.
- 4) Look really look at their colors, lines, and ingredients.
- 5) Take a slow, steady breath in and out.

Includes Posters, Task Cards & Handouts for Families

I WILL TRY

HOT COCOA

Place the Breathing Exercise you will try here.

FIRE HANDS

Trace EIGHT

Balloon BELLY

What I FEEL

I am lovable.

Over the TOP HEART

Hawk HUG

ROCKS & SOCKS

What I HEAR

Bubble BREATH

Bunny SNIFF

Ocean WAVES

Buzzing BEE

EXERCISES

Hawk HUG

Rocks SOCKS

Take in a deep, strong breath and then make fists with both hands. Direct all your energy into your hand with so much force that your strength can transform into solid, indestructible rock. You can't stand it any longer, so you release your fists, letting all that tension, as if you were a rock, and arms have turned floppy, dangling socks.

Hot COCOA

1. Pretend you are holding a cup of hot cocoa with both hands.