

Breathing

The next slides will cover 4 different breathing activities to share with children in your care.



Breathing

Flower Breath

Imagine smelling a beautiful flower, breathe in through the nose and out the mouth, releasing any tension.

Stop and smell the roses, daffodils, daisies or any other flower they like. This is a simple way to connect kids to their breath and how it helps them to feel.



Breathing

Hissing Breath

Breathe in the nose, long deep inhale, and out the mouth on a hissing sound, slow and long.

Extending the exhale will allow kids to slow down their inner speed. It's wonderful to connect kids to their exhale to help them learn to slow themselves down, mentally and physically.

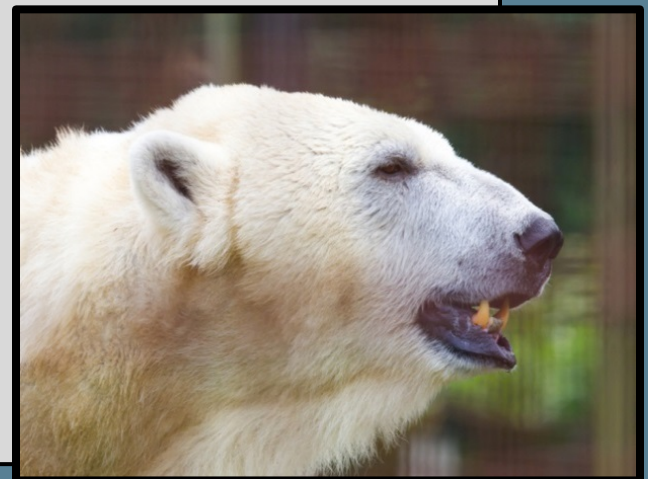


Breathing

Bear Breath

Inhale through the nose, pause; exhale out the nose, pause. Breathe in to a count of 3 or 4, pause for a count of 1 or 2; breath out for a count of 3 or 4, pause for a count of 1 or 2. Repeat a few times.

This will help ground and settle kids. Wonderful for restful, reflective time. Imagine a bear hibernating. Helpful before nap time, story time or any creative activity.



Breathing

Bunny Breath

Just 3 quick sniffs in the nose and one long exhale out the nose. Invite kids to pretend to be bunnies, sniffing the air for other bunnies, carrots to eat, or safety. It can be a lovely cleansing breath when you use it in this way.

You can also use it when kids are very upset and can't find their breath, because it will help them connect to their exhale, so that they breathe instead of spin out.



**This slide show is
complete.**

**Click on next page to
continue with the
training.**