

Breathing Techniques

Choose a breathing technique that feels comfortable and practice it regularly.

Practicing breathing exercises can help calm the body, reduce stress, and improve focus. For children, these techniques support the development of self-regulation skills and emotional awareness.

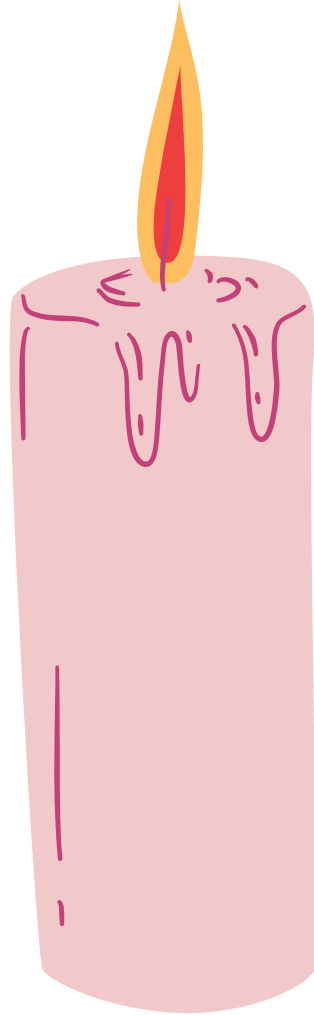
Parents are encouraged to model and practice these strategies alongside their child, as this strengthens learning and builds a sense of safety and connection.

When you or your child begin to feel overwhelmed, pause and return to the chosen breathing technique, continuing until a sense of calm is restored.



Candle Breathing

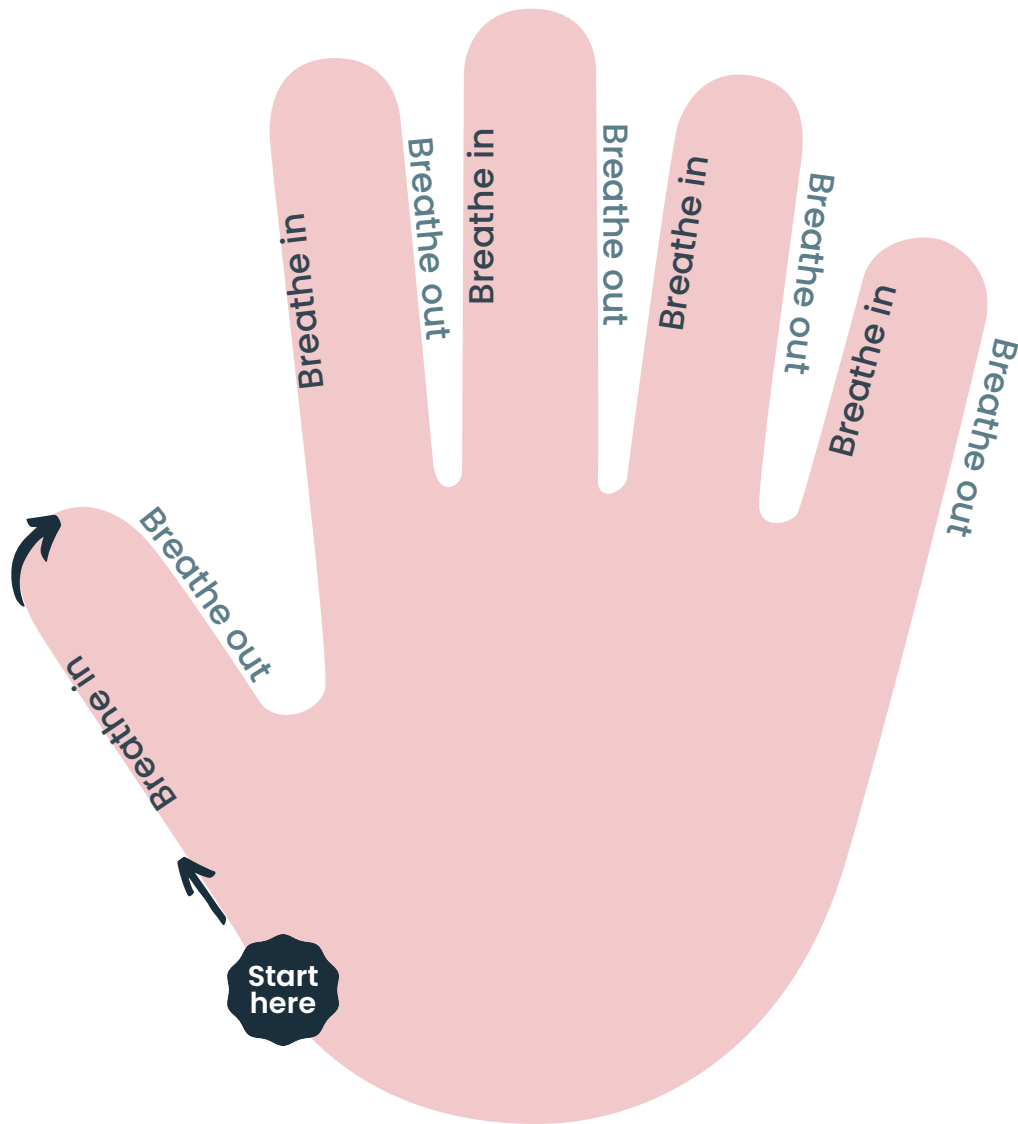
BRAIN BREAK



Pretend there is a candle in front of you.
Breathe in slowly through your nose.
Breathe out gently through your mouth to blow the flame.
Do not blow too hard.
Repeat until you feel calm.

5 Finger Breathing

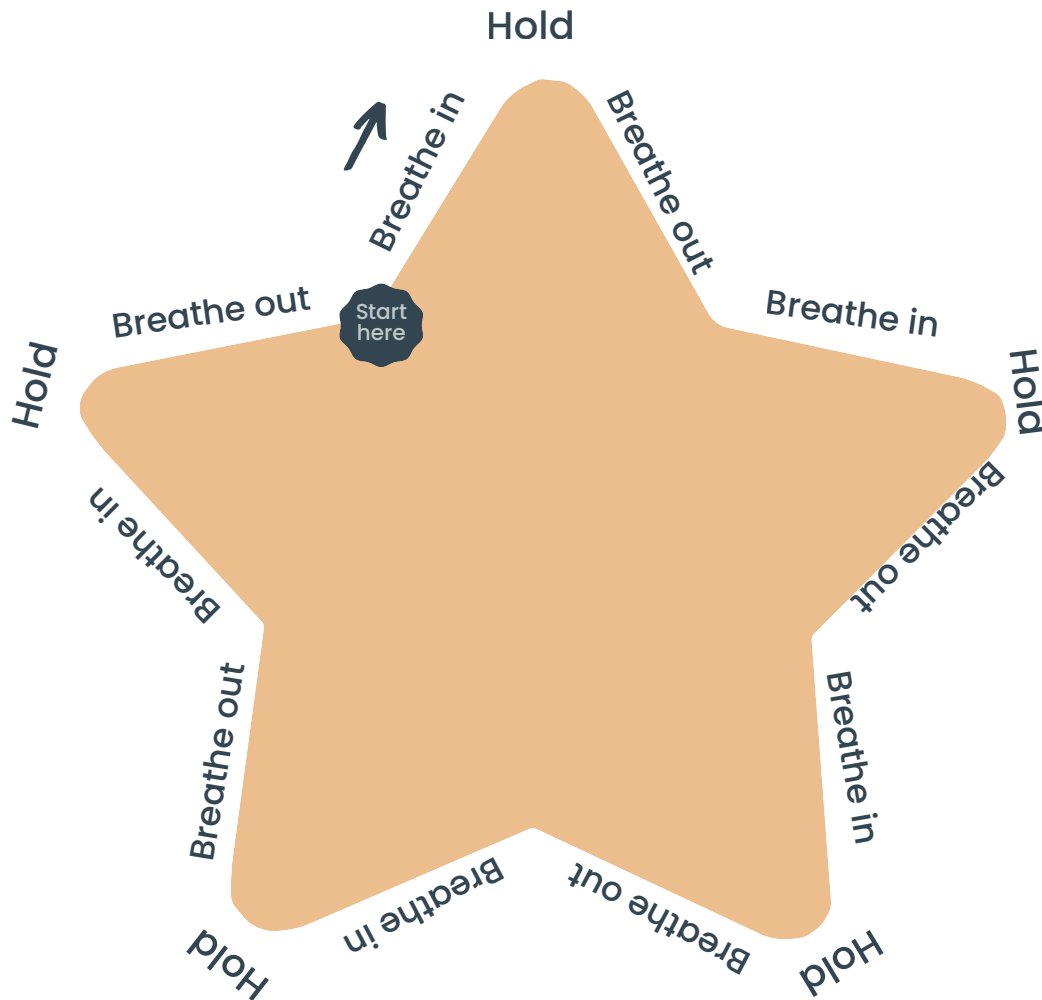
BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

Star Breathing

BRAIN BREAK

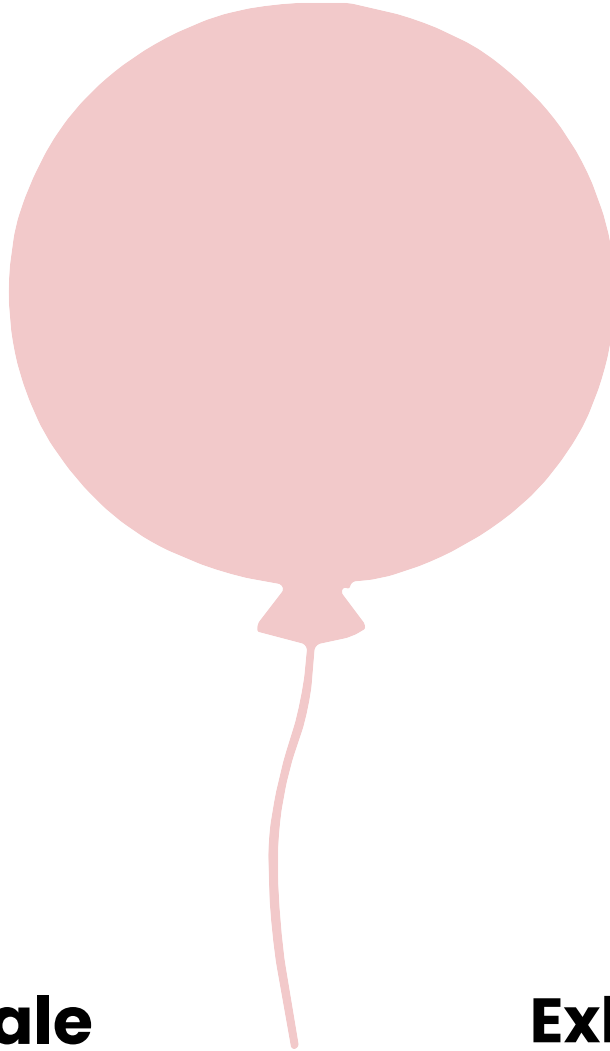


Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star. Breathe slowly and calmly.

Balloon Breathing

BRAIN BREAK

Think of your belly as a balloon



Inhale

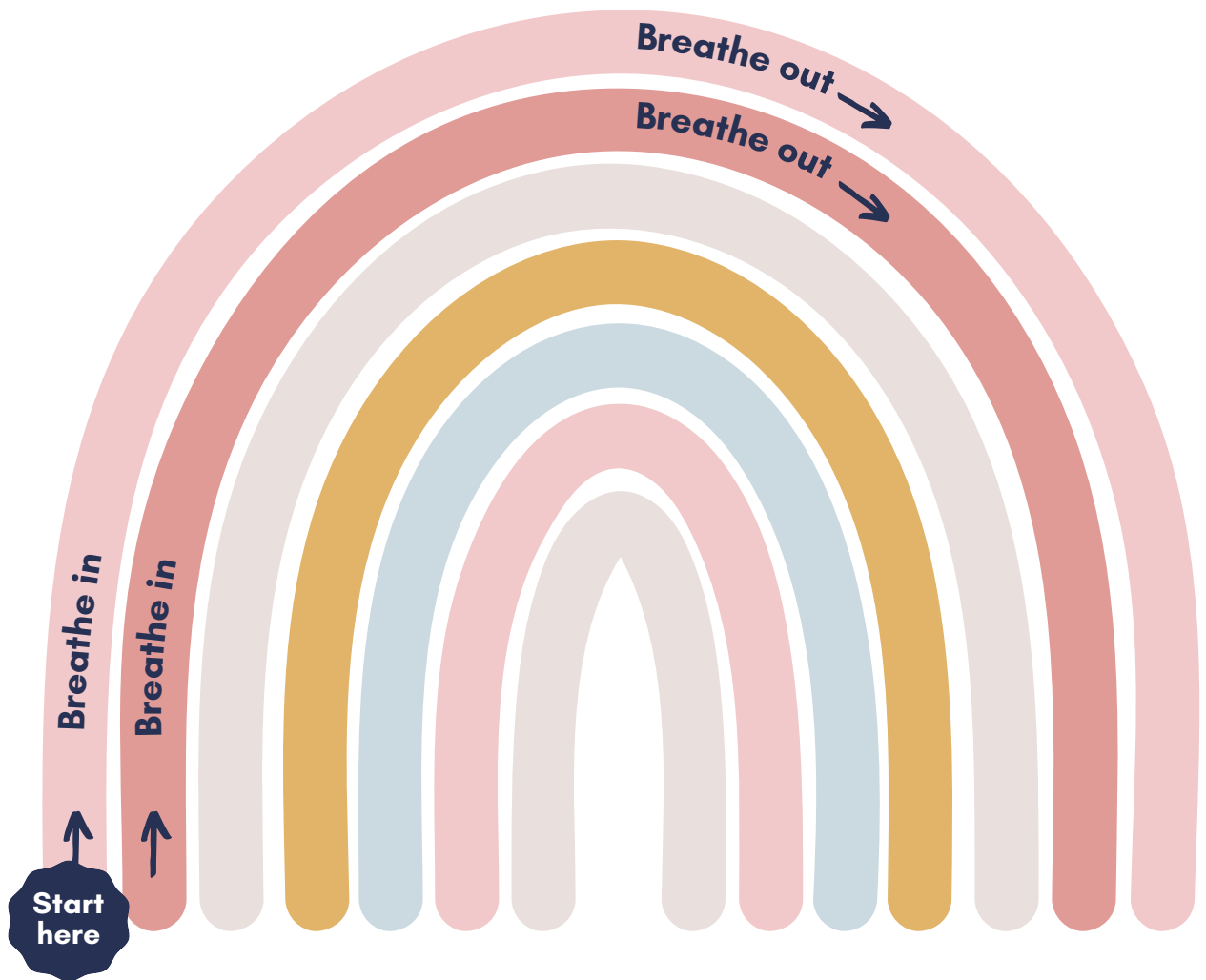
Place your hands on your belly and breathe in slowly through your nose. Feel your belly, abdomen and chest expanding out like a balloon. Hold your breath for 2 seconds

Exhale

Open your mouth and slowly blow all the air out of your lungs, as if deflating your imaginary balloon. Repeat this exercise five times or until you are calm

RAINBOW BREATHING

BRAIN BREAK



Place your finger at the bottom of the rainbow, on the left. As you trace your finger along the rainbow take a deep breath in through your nose, until you reach the middle. When you reach the middle begin to exhale through your mouth, as you trace the rainbow to the end, on the right.

Repeat with every color until you feel calm and grounded.