



Breathing

Exercises

FOR KIDS



Deep breathing is often one of the first relaxation techniques that adults turn to when we need to get our tension or stress under control.

We know that when we slow down our breathing rate and take in deep breaths we immediately start feeling the benefits of this easy and useful technique.

But, we often fail to teach it and use it with our kids.

If you tried in the past and felt it didn't work, chances are you missed either one of these steps:

- Practicing breathing techniques while your child is calm and happy, so that your kids can use them when they need to relax
Making them so fun that they are an
- enjoyable activity on their own.

I will try to tackle the second issue in this workbook, with plenty of fun breathing exercises for kids.

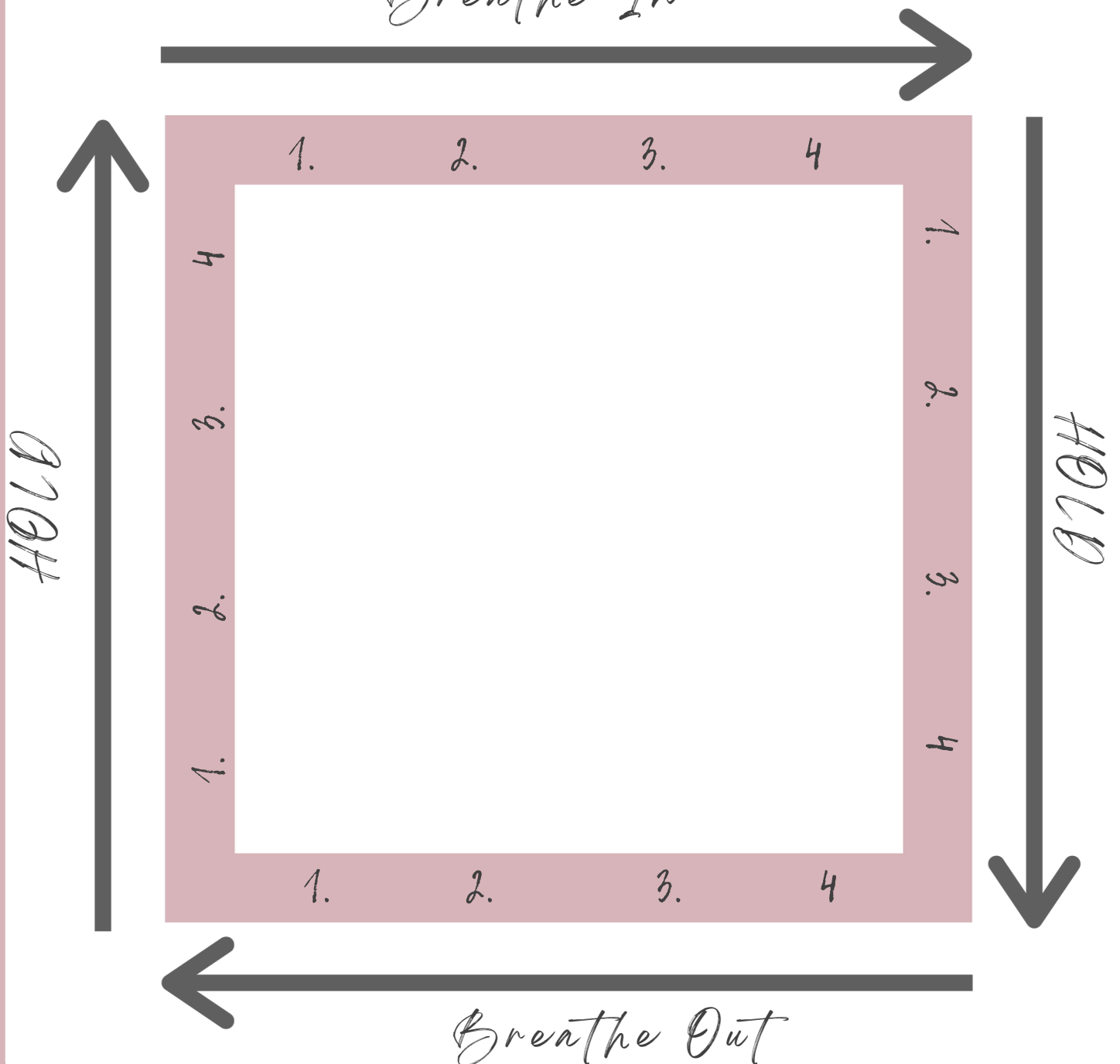
In this workbook you will find the following worksheets:

- Shapes Breathing:
 - Square breathing
 - Square breathing variation
 - Star breathing
 - Hand breathing
 - Rainbow breathing
- Animals Breathing:
 - 5 Yoga breathing + other fun animal breathing exercises
- Belly Breathing (Diaphragmatic Breathing):
 - Imagery: Balloon Breathing
 - Props

Square Breathing

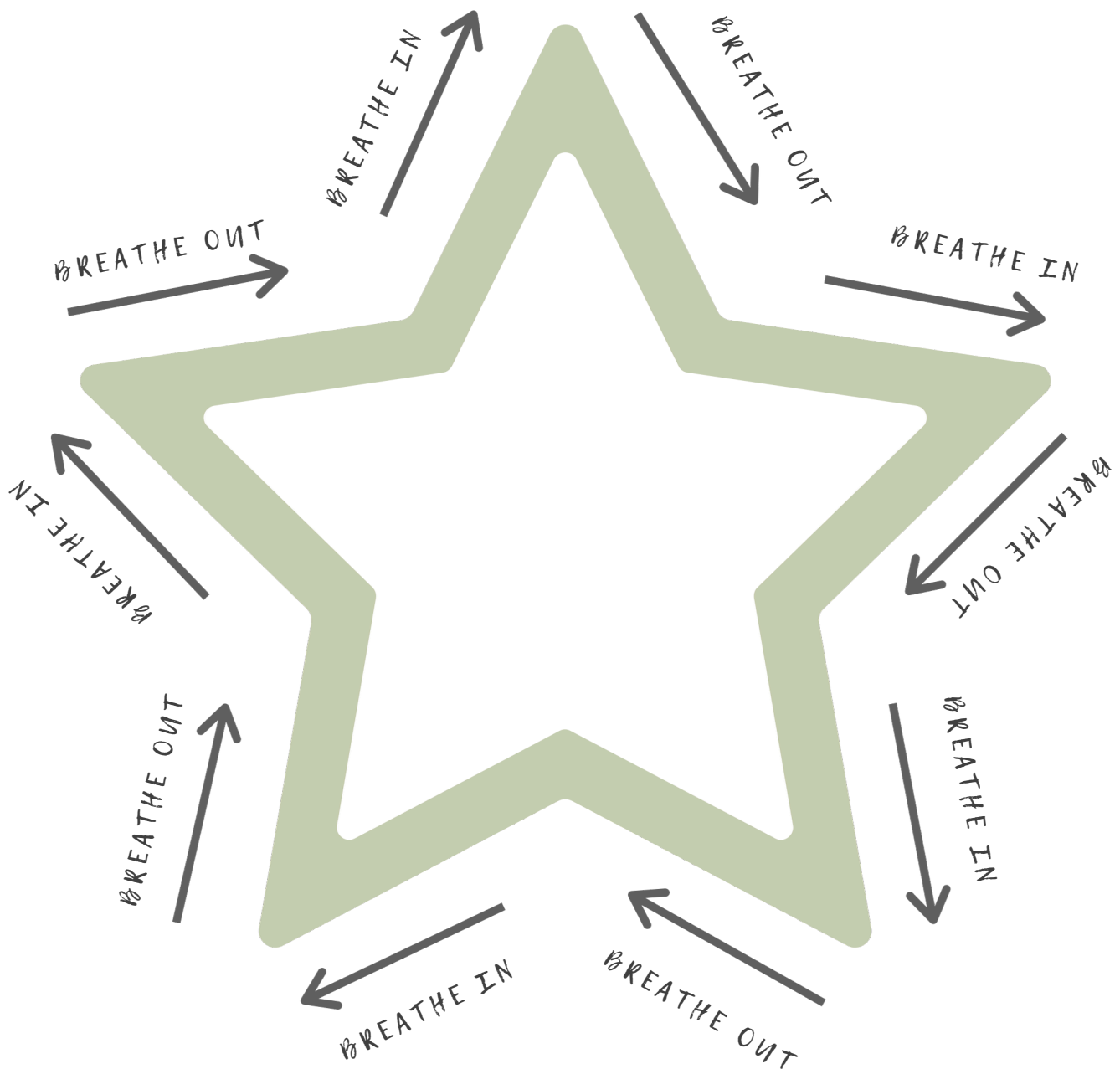
- Breathe in to the count of 4
- Hold to the count of 4
- Breathe out to the count of 4
- Hold to the count of 4

Breathe In



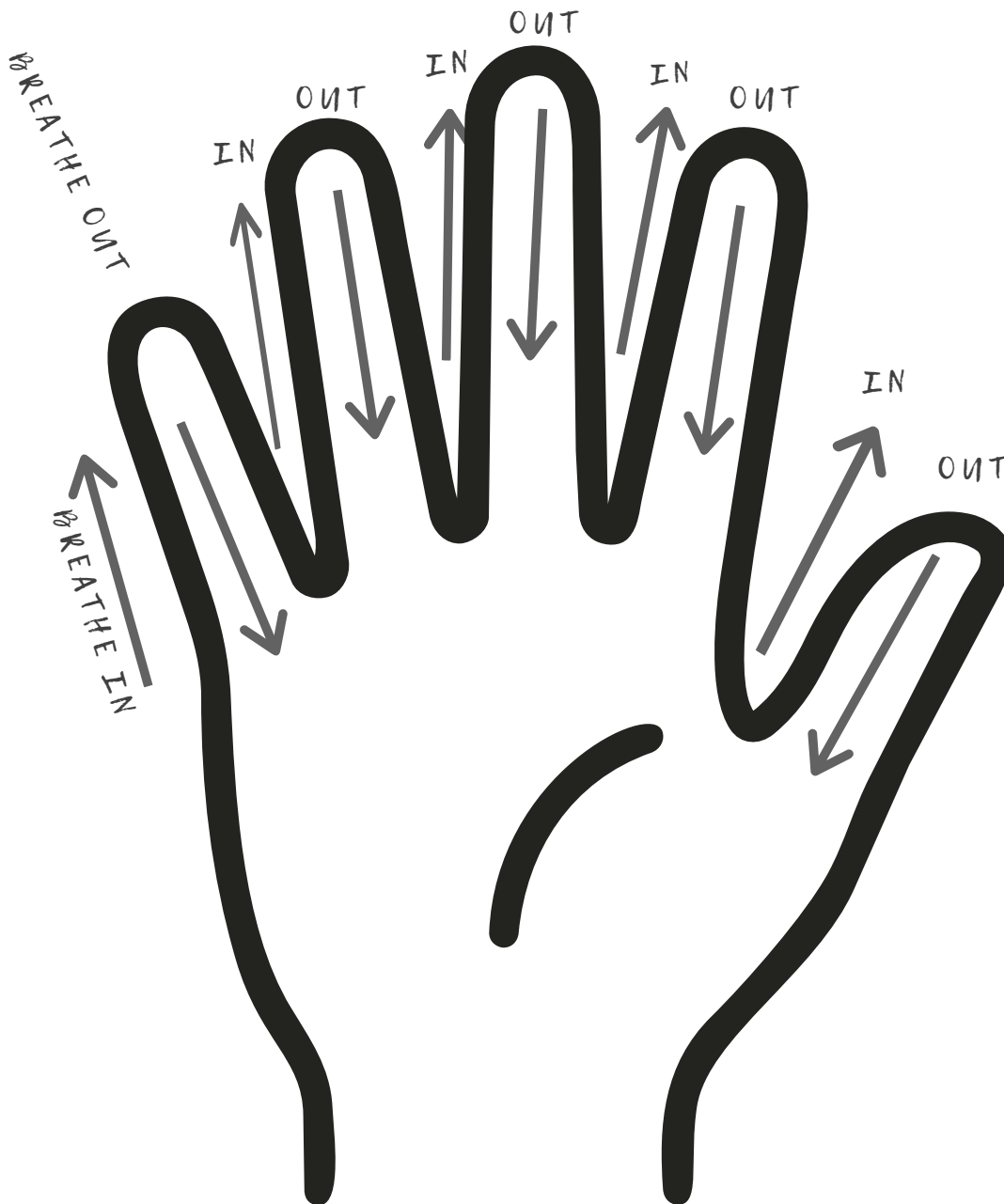
STAR BREATHING

- Trace the star shape with your finger
- Alternate breathing in and out as you trace the shape



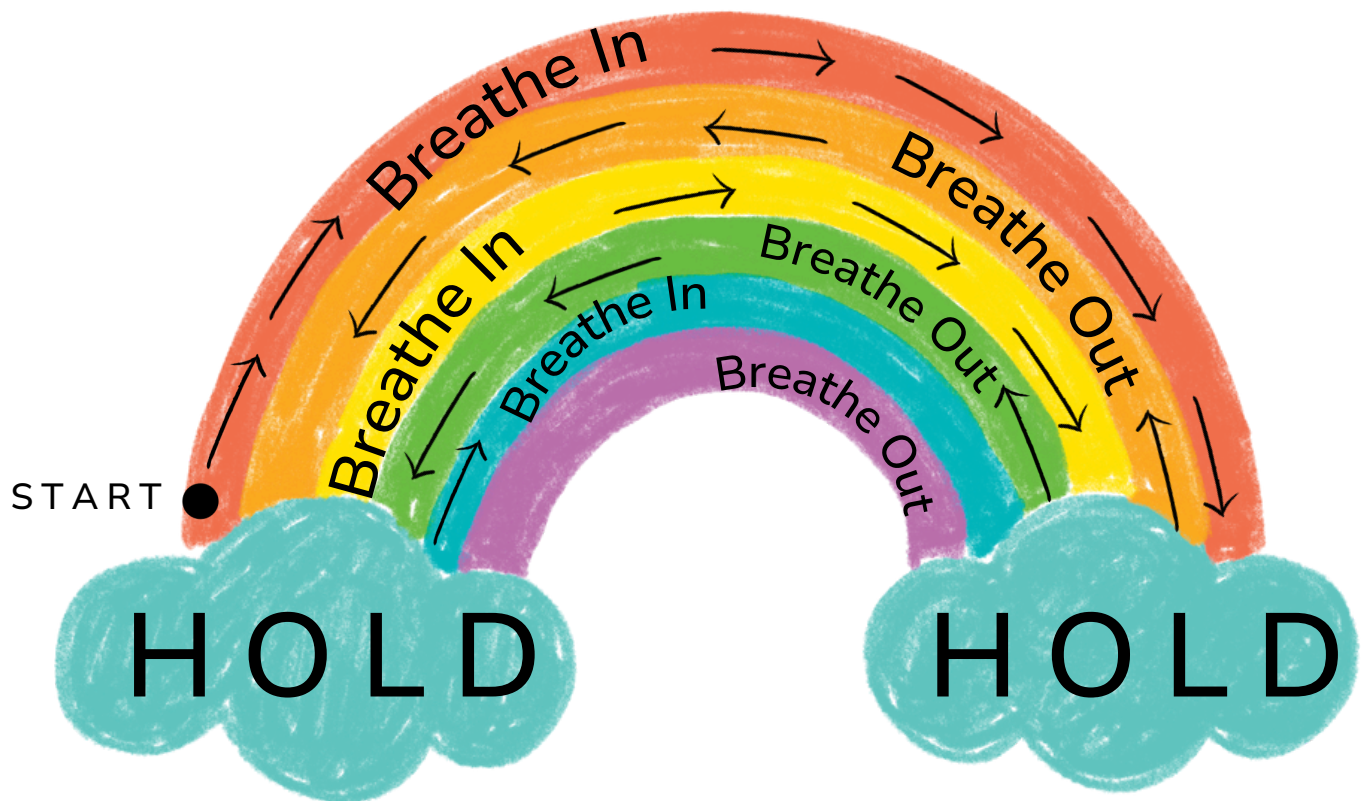
HAND BREATHING

- Trace the shape of the fingers
- Breathe in as you trace the finger up and breathe out as you trace it down.



RAINBOW BREATHING

- Deep breathe in slowly as you trace the red arc of the rainbow
- Hold your breath when you reach the cloud
- Breathe out slowly as you trace the orange arc back to the first cloud
- Hold your breath on the cloud
- Continue the sequence



ANIMAL BREATHING

Yoga has plenty of poses inspired by the animal world.

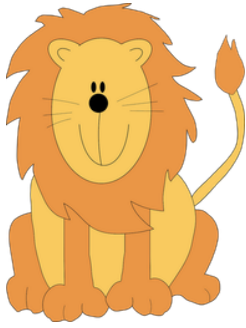
Some of those poses come with their own breathing techniques.

In our next worksheet, I will take you through some examples of fun yoga breathing exercises for kids.

Also, some breathing exercises that we usually practice can be “renamed” as animal breathing, as some of its mechanics may remind you of animal movements.

In the following page you will find 5 animal breathing exercises: lion breath, bumble bee breath, cat breathing, bird breathing and crocodile breathing.

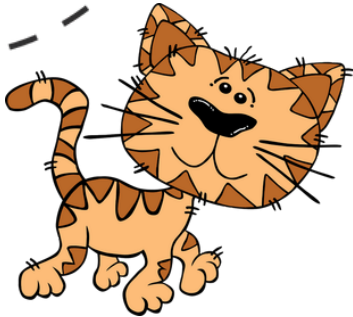
For more information on yoga or animal breathing:
<https://veryspecialtales.com/yoga-breathing-exercises-kids/>



- Go to the floor on all fours
- Take a deep breath through your nose
- Open your mouth as big as you can
- Stick your tongue out / Open eyes wide
- And, ROAR!



- Breathe in
- Breathe out with your mouth closed, while you HUM like a bee
- Repeat this breathing sequence for a few minutes



- Kneel on all fours
- Breathe in as you lift your chin and tilt your head back
- Breathe out while you slowly raise your back towards the ceiling and you lower your head



- Place your arms straight in front of you, hands opened, palms facing each other
- Breathe in as you open your arms to form a 180 degrees angle
- Breathe out as they return to their initial position



- Lie on your tummy
- Fold your arms above your shoulders and rest your head on them
- Breathe in & out and relax

BELLY BREATHING

Diaphragmatic breathing (or belly breathing) is one of the most widely used exercises in clinical practice.

In psychological practice, training in deep breathing is often used either as a standalone technique to control excessive physiological arousal or as part of a relaxation package.

This is a very simple exercise that kids will be able to learn easily. But we can make it even more fun by using two different techniques:

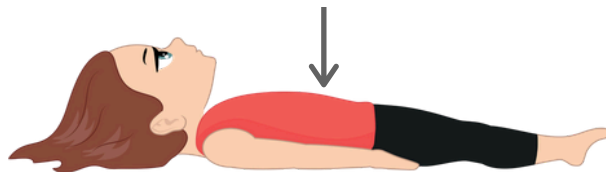
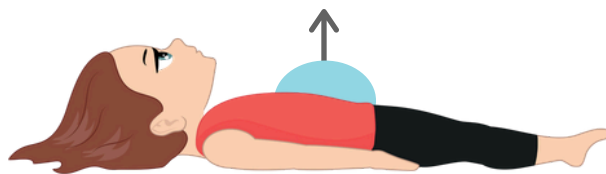
- Imagery: Using our child's imagination with the "Balloon Breathing Technique"
- Using props, like a soft toy.

BELLY BREATHING

(BALLOON)

After your child is comfortably positioned laying on the floor, with head supported and knees bent, follow the following script:

- Imagine your belly is a balloon. This balloon will get bigger as you breathe in, and it will get smaller as you breathe out
- Now, place your hand on your belly
- Breathe in slowly through your nose, and feel that balloon getting bigger
- Hold your breath till I count 1, 2, 3
- Breathe out slowly through your mouth.



BELLY BREATHING

(WITH PROPS)

Ask your child to lie on the floor, with the knees bent, and place a favorite plush toy on your kid's belly.

- Your ducky (name your kid's toy) is sitting on your belly, and would love to travel up and down. Let's do it slowly so that ducky doesn't fall from your belly
- Breathe in slowly through your nose, and let ducky go up
- Hold your breath till I count 1, 2, 3
- Breathe out slowly through your mouth.

