

Calming Breathing Techniques

Ages 3+

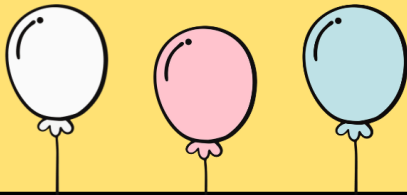
Video Link: <https://youtu.be/DXo8Mc45kbo>

Occupational therapists utilize breathing techniques to promote health management of emotional self-regulation.

Children are still learning to process the emotions they go through and utilizing these techniques can help ground them to be more atune with themselves and their needs. They are simple and fun to learn!

BALLOON BELLY

Take a deep breath in.
Breathe out a long
breath like you're
blowing up a balloon.



BUNNY SNIFFS

Breathe in through your
nose: three short, sharp
sniffs, like a bunny
sniffing the air.



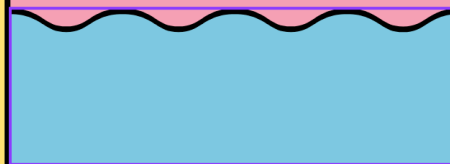
DRAGON PUFFS

Sit up straight. Breathe
in then push out your
breath like you're
blowing out a fireball.



OCEAN WAVES

Breathe in and out,
slowly and calmly, like
the waves on the ocean.



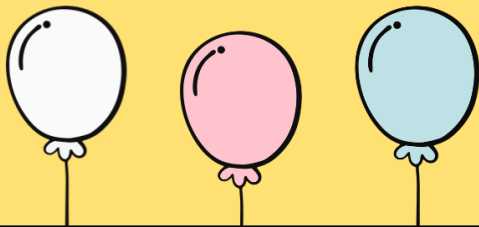
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Print-out cards

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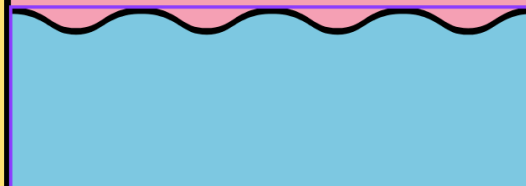
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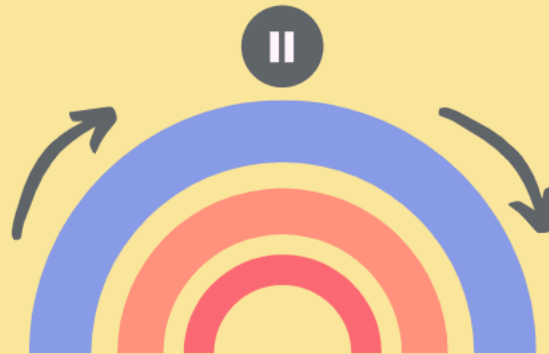
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The stressors children go through on a day to day can be overwhelming for them. These feelings can happen across environments such as school or extra curricular activities.

These simple and low-key techniques can be kept on a keychain or at their desks so that they can practice calming themselves.

RAINBOW BREATHING

Take a deep breath in as you follow the arc to the top, pause, then exhale as you follow the arc to the bottom. Repeat with each color.



5 - FINGER BREATHING

Trace each finger with your pointer finger. Take a deep breath in as you go up each finger and exhale as you go down each finger.



- ★
- ★ Please be sure to speak to your child about how to best use these strategies and come up with a plan if these techniques are not working and they require further assistance from an adult.
- ★
- ★
- ★
- ★

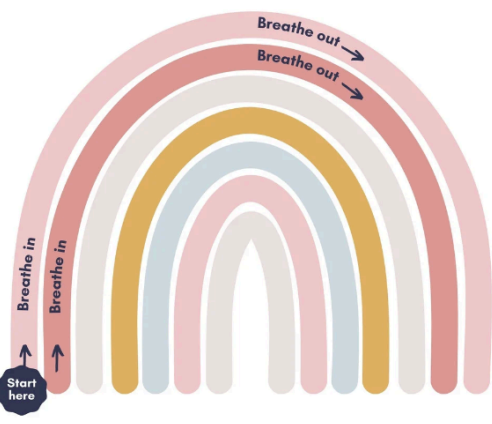
Calming Breathing Techniques

Ages 6+

Print-out cards

Print these cards and place them in an area that is easy to access at home for use. In school this can be taped to the desk to engage in self-regulation breathing during class time without having to leave the room.

RAINBOW BREATHING BRAIN BREAK

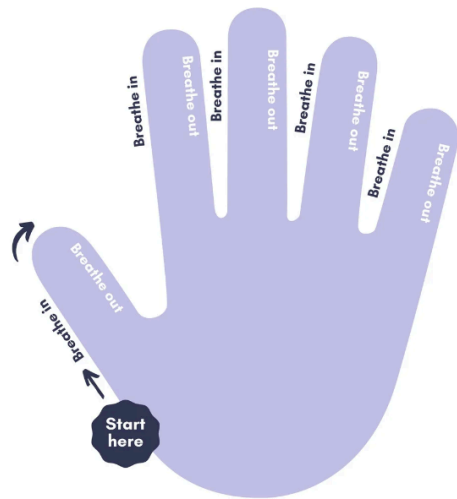


The diagram shows a rainbow with seven distinct color bands. A black circle at the bottom left is labeled 'Start here' with an arrow pointing to the left edge of the rainbow. The left side of the rainbow is labeled 'Breathe in' with two upward-pointing arrows. The top of the rainbow is labeled 'Breathe out' with two rightward-pointing arrows.

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.

CALM YOURSELF WITH A 5 FINGER BREATHING BRAIN BREAK

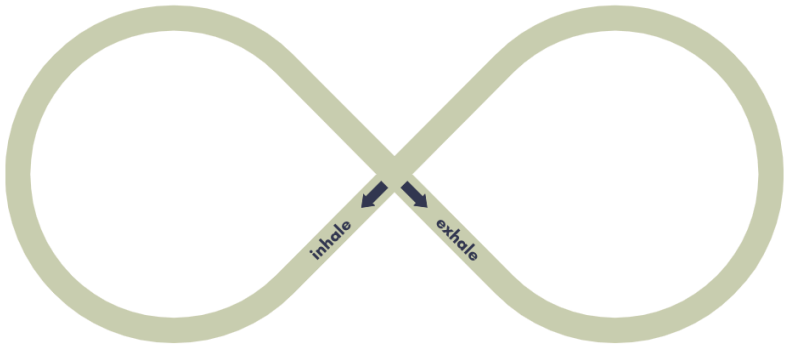


The diagram shows a purple hand with the index finger tracing the outer edge of the hand. A black circle at the bottom left is labeled 'Start here' with an arrow pointing to the thumb. The thumb is labeled 'Breathe in' with an upward arrow. The index finger is labeled 'Breathe out' with a downward arrow. The middle finger is labeled 'Breathe in' with an upward arrow. The ring finger is labeled 'Breathe out' with a downward arrow. The pinky is labeled 'Breathe in' with an upward arrow. The back of the hand is labeled 'Breathe out' with a downward arrow.

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.

infinity MINDFUL BREATHING

Trace your finger around the infinity symbol, focusing on your inhaling and exhaling.



The diagram shows a green infinity symbol. The left loop is labeled 'inhale' with a downward arrow. The right loop is labeled 'exhale' with a downward arrow.

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