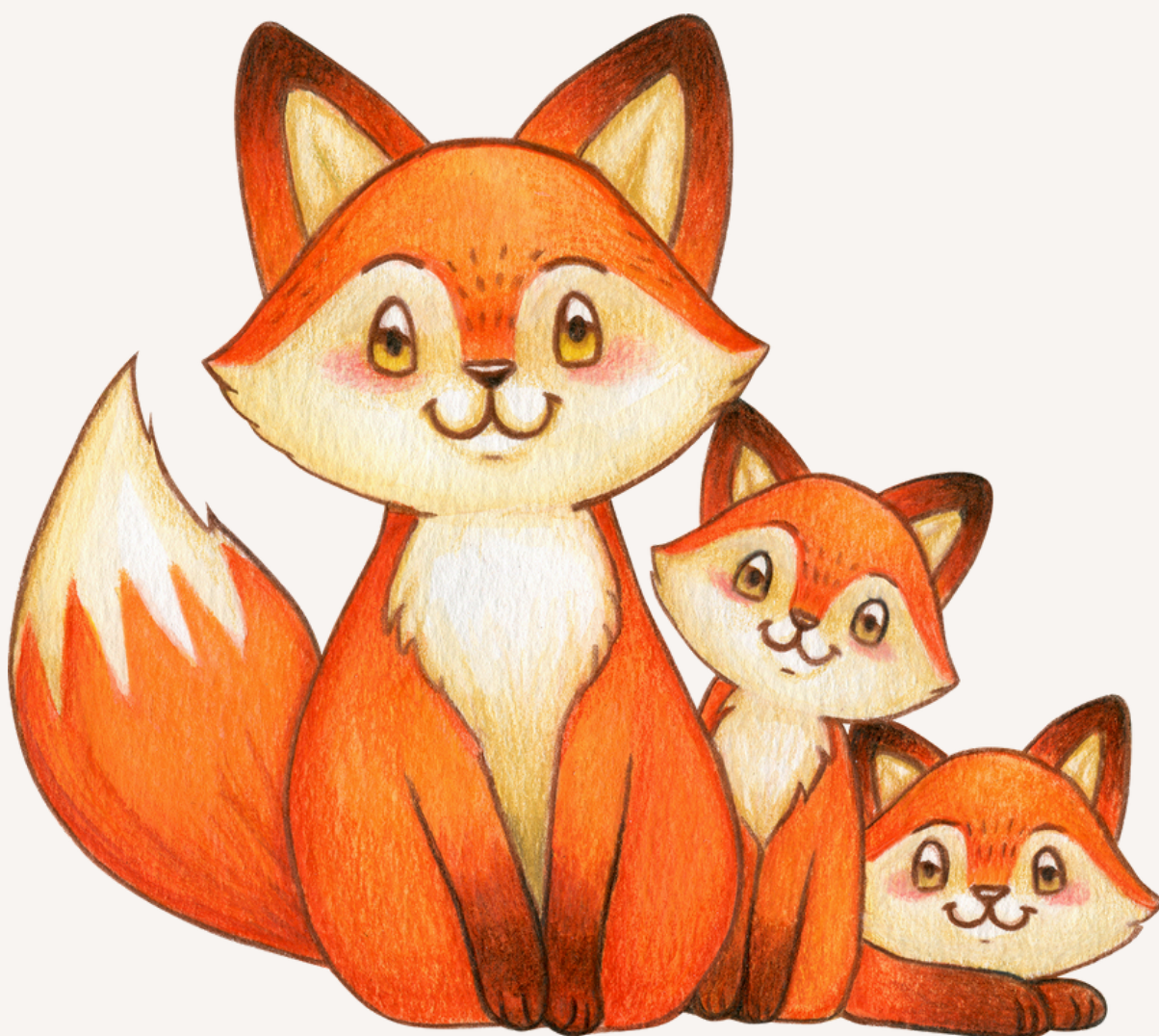


BREATHING TIPS FOR CHILDREN



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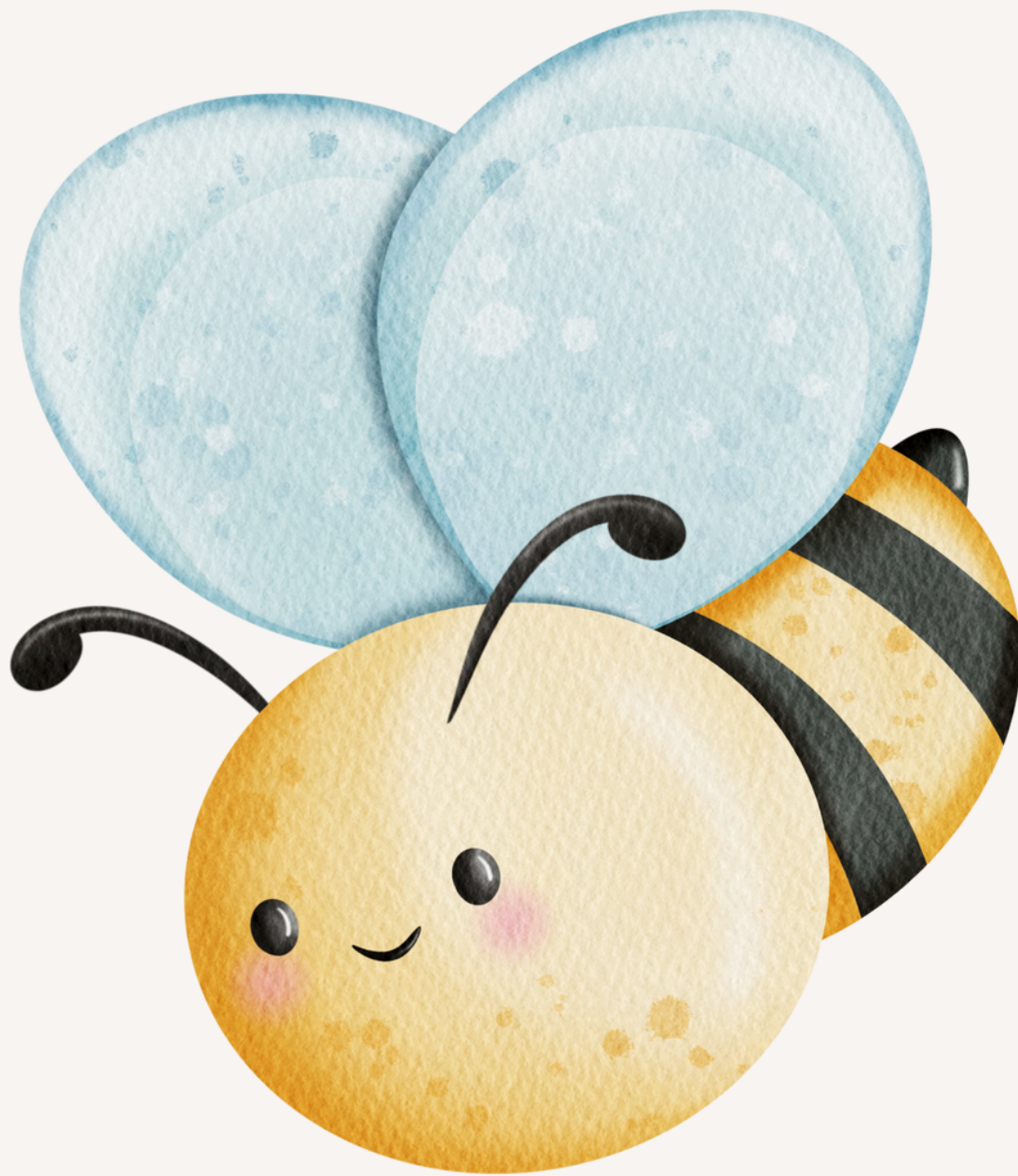
BALLOON BREATHING



Imagine filling a big balloon with air as you inhale deeply.

Slowly exhale like you are letting air out of the balloon.

BUMBLEBEE BREATHING



Inhale deeply through your nose.

Exhale while making a soft humming
sound like a bumblebee.

FLOWER BREATHING



Pretend to smell a flower.

Inhale deeply through the nose.

Exhale.

RAINBOW BREATHING



Breathe in while tracing a rainbow in
the air with your finger.

Exhale while tracing back down.

BUTTERFLY BREATHING



Sit comfortably and place your hands together like butterfly wings.

Inhale as you slowly open your hands apart, exhale as you bring them back together.

DRAGON BREATHING



Breathe in deeply through your nose.

Exhale slowly like you are a dragon
blowing a tiny fire.

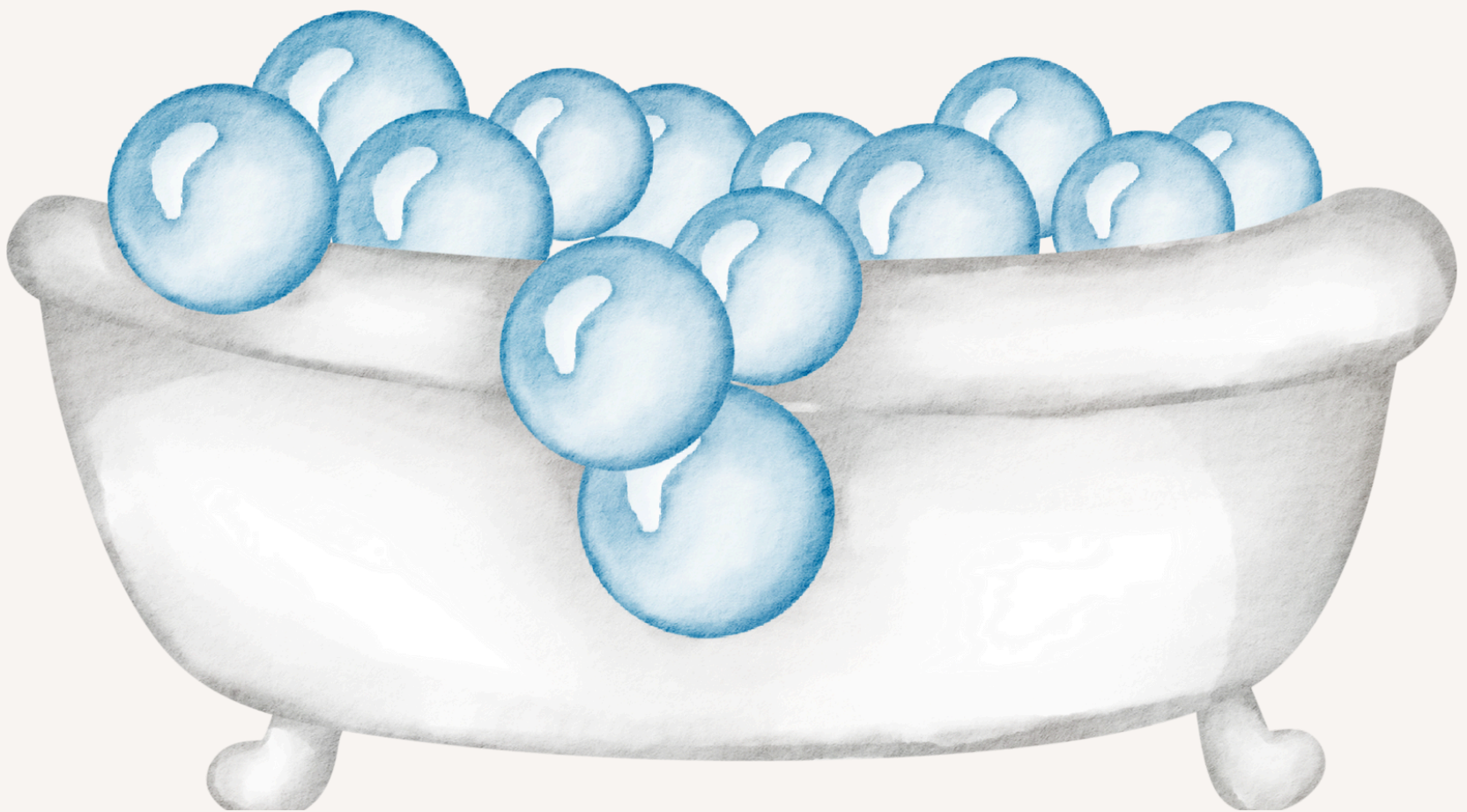
BELLY BREATHING WITH A STUFFED ANIMAL



Lie down and place a stuffed animal on your belly.

Watch it rise as you inhale and fall as you exhale.

BUBBLE BREATHS



Pretend to blow bubbles with a wand.

Take a slow, deep breath and blow gently to make the bubble last.

LION BREATHS



Inhale deeply, then exhale with a big
"ROAR!"

CANDLE BREATHING



Pretend to blow out a candle.

Exhale slowly through the mouth.

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