



Fun things to do with breathing

Breathing activities are an important strategy to assist children in managing their emotions. It can be used across a number of different presentations, including with anxiety and managing frustration and anger.

Here are some ways to use breathing strategies with younger children:

Flower breathing

Imagine smelling a beautiful flower. Hold it up under your nose and take a big sniff in through your nose. Then breathe out slowly through your mouth. Try doing this three times (you could also use a prop for this as well)

Snake breathing

How do snakes breathe? Imagine that you're a big windy snake. Take a big long deep breath in through your nose, and then let it go out through your mouth making a slow, snaky hissing sound - Extending the exhale will allow kids to slow down their inner speed.

Bear breathing

How do bears breathe? Image that you're a big bear who's sleeping through the winter. Take a big deep breath in through your nose. Hold it for a little. Let it our through your nose, like a big bear that's snoring. Breathe in to a count of 3 or 4, pause for a count of 1 or 2; breathe out for a count of 3 or 4, pause for a count of 1 or 2. Repeat 3 times.

Bunny (guinea pig) breathing

How do bunnies breathe? Imagine that you're a bunny rabbit looking for carrots. Take three quick sniffs through your nose like you're trying to find carrots to eat, and then one long breath out of your nose or mouth. As a rabbit, you can sniffing the air for other bunnies, carrots to eat, or safety.

Fish breathing

Imaging that you're a goldfish in their bowl. Take one big sniff in through your nose. Let your breath out slowly, making a pop sound with your mouth when you open and close it.