

Cumbria County Council

What can I do today?



This week it is ...mindful breathing

Monday

Breathing buddy

Teaching children deep belly breathing exercise /games helps them to relax and become calm. As well as help to distract them from anxious thoughts. These techniques should be practised regularly and when the child is calm and happy.

- Put on some relaxing music.
- Ask your child to choose a breathing buddy (soft toy)
- Find somewhere warm and comfortable and ask your child to lay down, place their breathing buddy on their tummy.
- When they are settled, lay down beside them and place your hands or breathing buddy on your tummy.
- Take a slow deep breath in through your nose 1,2,3 and out through your mouth 1,2,3, do this 3 times to start with.
- Tell your child to watch their breathing buddy go up and down, as they breath in and out....
- This is a great exercise to help calm little minds at bedtime.