

# Breathing Exercises



## Balloon Breathing

- Picture a balloon that has not yet been blown up inside your stomach. What color is it?
- Place one hand on your stomach.
- Take a deep breath in, picturing the balloon getting bigger and bigger and bigger as it fills with air.
- Hold it! Don't let it out! (Hold for about 2-3 counts)
- Now breath out and picture the balloon getting smaller and smaller and smaller.
- Repeat.



## Hot Cocoa Breathing


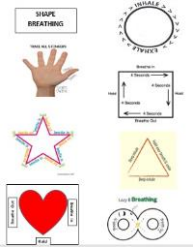

- Pretend to hold a cup of hot chocolate in front of you.
  - Can you imagine how the chocolate smells?
  - Can you imagine how the steam looks as it rises in little swirls?
  - Does your cocoa have marshmallows on top? Are they big or small?
- It's too hot! Let's cool it down.
- Take a deep breath in and blow the air out.
- Take another deep breath in and blow the air out.
- Last big breath. Breathe in. Breathe out. Great job!



## French Fries Breathing

- Hold up four fingers in front of you.
  - Pretend these are French fries, but they are too hot!
  - Can you smell that potato goodness?
  - Can you picture the tiny salt crystals on the fries?
- They're too hot! Let's cool them down.
- Take a deep breath in, hold, and breath out.
- Take another deep breath in and breathe out. Maybe even wiggle your fingers!
- Let's do that one last time.
- Way to go! You did it!

# Breathing Exercises

	<h2>Longer Exhale Than Inhale</h2> <ul style="list-style-type: none"><li>• Breathe in for 2 counts.</li><li>• Hold for 1 count.</li><li>• Breathe out for 4 counts.</li><li>• Hold for 1 count.</li><li>• Repeat.</li></ul> <p><i>You can change the number of counts. Just make sure the exhale is longer than the inhale.</i></p> <p><i>For kids who want to know why this helps: When we lengthen our exhale and make it longer than our inhale it communicates to our brain that we don't need to activate our fight/flight/freeze response. We are ok. We will feel calm again soon.</i></p>
<h2>Sweet 16</h2>	<h2>Sweet 16 Breath</h2> <ul style="list-style-type: none"><li>• Breathe in for four counts.</li><li>• Hold for four counts.</li><li>• Breath out for four counts.</li><li>• Hold for four counts.</li></ul> <p>Do this 4 times.</p>
	<h2>Shape Breathing</h2> <ul style="list-style-type: none"><li>• Print out the visuals</li><li>• Use your finger to trace the shapes</li><li>• Follow the directions of breathing in/ inhaling or breathing out/ exhaling until you have a calm body and mind.</li></ul> <p> Shape Breathing.docx</p>