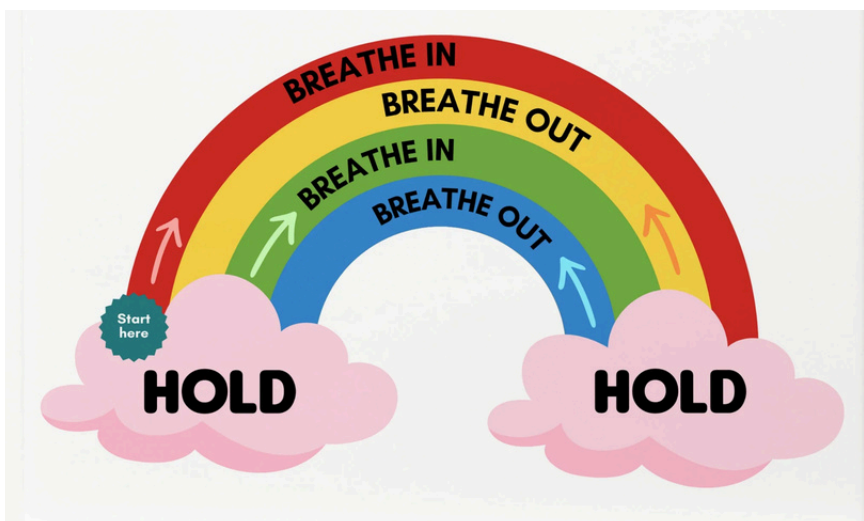
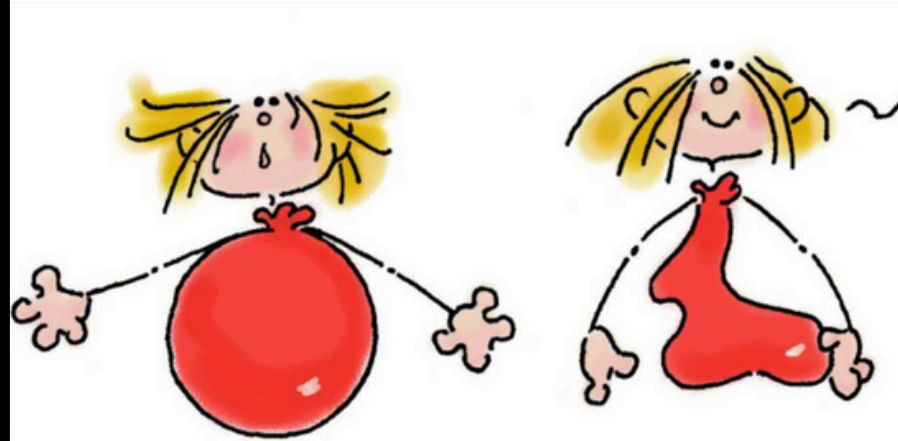


DEEP BREATHING EXERCISES

It's important to teach children a variety of breathing strategies, as different children like different strategies. Practice with your child when calm, and notice their responses. Model use of their favourite strategy(s) as a regulation tool when upset.



rainbow
breathing



balloon breaths

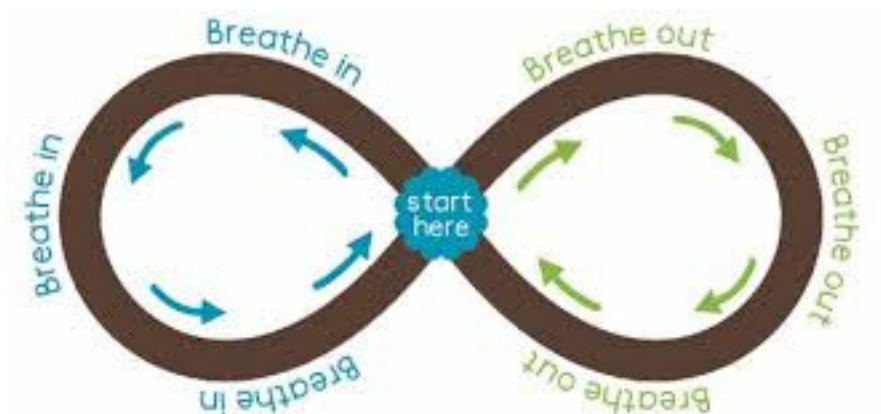
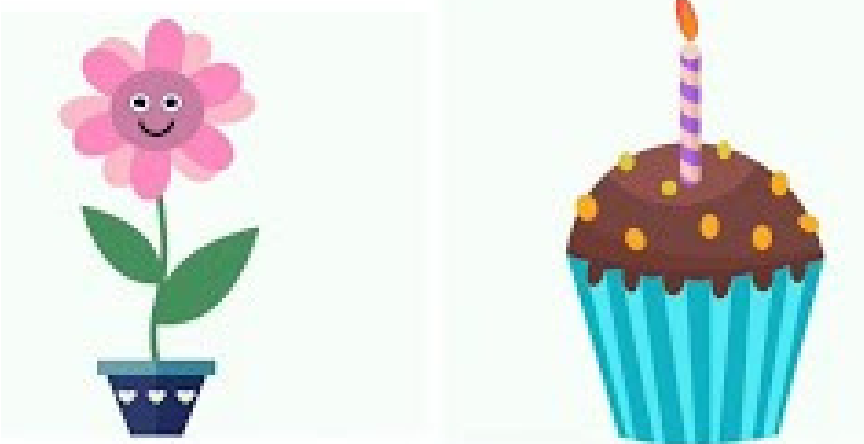
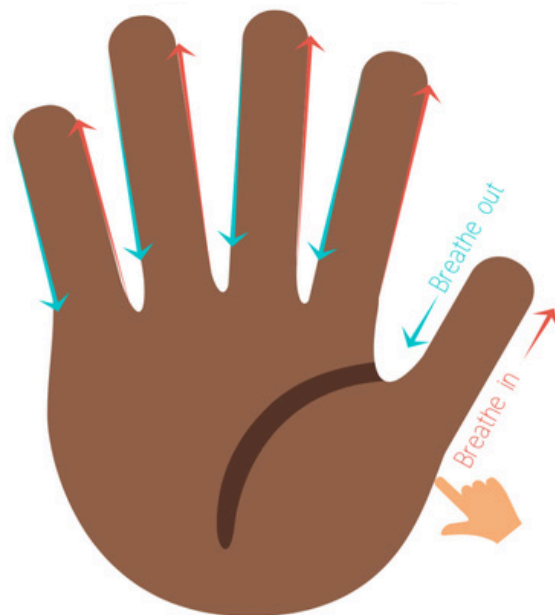


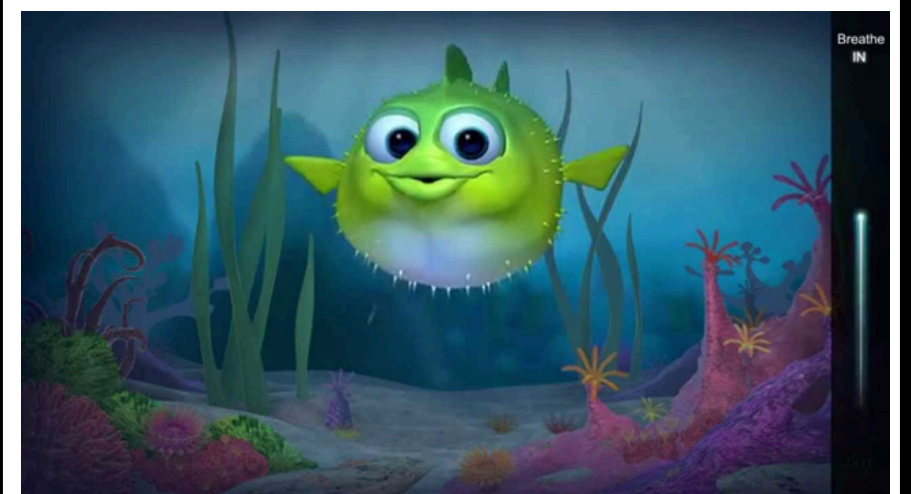
figure 8
breathing



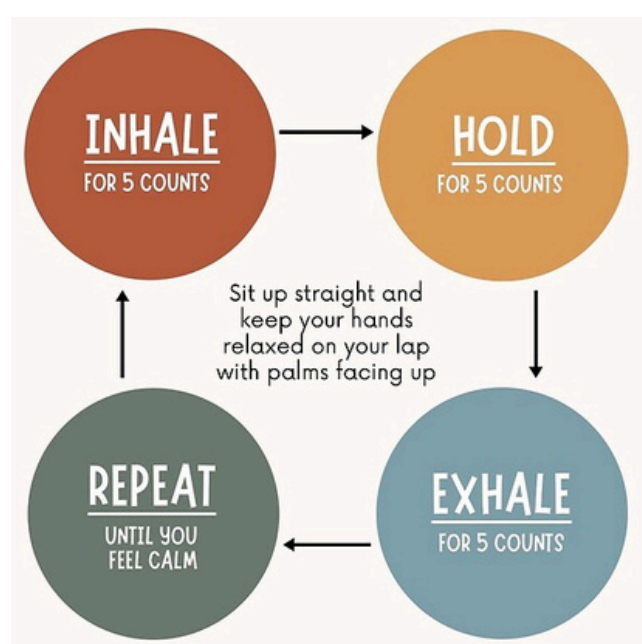
smell the flower,
blow out the candle



5 finger
breathing



deep breathing
video models



square
breathing



star breathing



dragon breaths

DEEP BREATHING EXERCISES

Below are steps to carry out each breathing exercise. Repeat as needed.

Please note: this is not a comprehensive list, and additional strategies may be sought out. Families are encouraged to use strategies/routines that work best for your child.

Breathe in and out while tracing each corresponding color of the rainbow. Hold when reaching the clouds.

Inhale slowly through your nose, imagining you're filling a balloon in your belly. Hold for 2-3 seconds. Exhale through your mouth, imagining the balloon deflating.

Slowly trace the figure 8 with your fingers or eyes as you breathe in and out.

Take a deep breath in and hold for 3 seconds, imagining you are smelling a flower. Exhale for 3 seconds, imagining you are blowing out a candle.

Stretch out your hand like a star. Use your pointer finger of your other hand to trace your fingers up and down, breathing in and out with each step.

Watch relaxing breathing videos with your child. Model breathing and have your child try. Simply watching may sometimes be an effective strategy, without the pressure of trying. E.g., 'Relaxed Breathing Training' on YouTube.

Breathe in with a count of 4.
Hold for a count of 4.
Breathe out for a count of 4.
Pause for a count of 4.

Trace the star shape with your finger. Slowly alternate breathing in and out as you trace the shape.

Put your hand on your belly. Breathe in through your nose filling your lungs. Breathe out through your mouth like a dragon breathing fire.