

Animal Breathing:



Lion Breaths-

Imagine you are a lion. Sit up or stand tall. Scrunch up your face nice and tight. Take a deep breath in. ROAR it out while sticking out your tongue. Repeat...

Bumble Bee Breaths-

Imagine you are a bumble bee! Sit or stand, breathe in through your nose for a count of 4. As you breathe out, make a bee buzzing or humming sound. The vibration of this has a calming effect. Repeat...

Breath with Counting:

12345

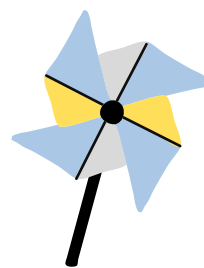
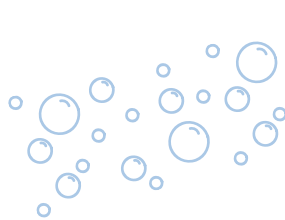
4-7-8-

Learning to focus on your breathing and hold your breath longer. Inhale for a count of 4 second. Hold for a count of 7 seconds. Exhale for a count of 8 seconds. Repeat...

Count Your Breaths-

Inhale for a count of 1, exhale for a count of 2, inhale for a count of 3, exhale for a count of 4, inhale for a count of 5, exhale for a count of 6 - only have the child go as far as they are comfortable. Then go back down in counting or begin again from 1.

Prop Breathing:



Buddy Breathing-

Place a stuff animal on their belly (my personal favorite are these FeelLinks Dolls). Inhale slowly through their nose, and watch the stuffed animal rise with their belly full of air. Exhale slowly out their mouth, and watch the stuffed animal fall while they release air. Repeat...

Bubbles-

Careful, gentle breathing blowing bubbles is a fun way to get kids to deep breathe!

Pinwheel-

Have your child take big breaths in and exhale out through their mouth to get the pinwheel to spin. They can try different speeds to see what works best for calming.

Hoberman Sphere Breathing-

Take deep breaths while expanding and shrinking this amazing, magical breathing ball. 3-5 minutes of breathing can shift our energy, mood and outlook.

Imagination Breathing:



Hot Cocoa Breathing-

Pretend you have mug of hot cocoa. Inhale while smelling the hot cocoa. Exhale out of your mouth while blowing the hot cocoa to cool it down.

Dandelion (flower) Breathing-

Imagine you are holding a dandelion and you want to make wishes! Smell the dandelion on your slow inhale. Blow off the petals on the exhale out through your mouth. Repeat..

Cake and Candles-

Imagine you are sitting with a big cake and you are ready to blow out the candles and make a wish! Smell the cake on your slow inhale. Blow out candles on your exhale. Repeat...

Shape Breathing:



I have created 6 FeelLinks shape breathing exercises for you. Print those [here](#).

Breath With Movement:



Rainbow Breathing-

Begin standing. Start with your arms hanging down on either side of your body. Stretch your fingers and turn your palms outward. Begin slowly inhaling, start reaching your arms up in sky in the shape of a rainbow all the way over your head, if you are able. Begin slowly exhaling as your arms come back down to your sides. Repeat... Check out this video from [GoNoodle](#).

Shoulder Roll Breathing-

Relax your body. Inhale deeply through your nose for a count of 4 while rolling your shoulders up to your ears. Exhale out your mouth for the count of 4 while dropping your shoulders down as far away from your ears as possible. Repeat...

Videos for the littles

Here are two darling short videos from Sesame Street related to breath work. A video with Cookie Monster and [The Count Counting the candles and breathing](#) - and [a song by Common, Colbie Caillat, and Elmo](#).