

## HAMMERHEAD

# Activity

### Breathing Poster

Give your child the tools to create their own breathing poster to use as a visual tool for support when they are having big feelings. Children can practice their deep breathing during this activity while blowing bubbles to create their ocean backdrop. After the backdrop is created, children color and cut out their own Hammerhead to glue onto their poster. Children draw the bubbles their Hammerhead is blowing as a visual reminder for the number of breaths they feel will be needed to help them with their big emotions. When complete, encourage your child to hang their poster in a space where they like to calm down when upset.

### Materials

Hammerhead cutout  
2 tablespoons tempera paint: blue/green  
2 tablespoons dish soap  
1 tablespoon water  
Cup/Bowl  
Straws  
Paper  
Coloring Tools  
Glue  
Scissors

### Prep Instructions

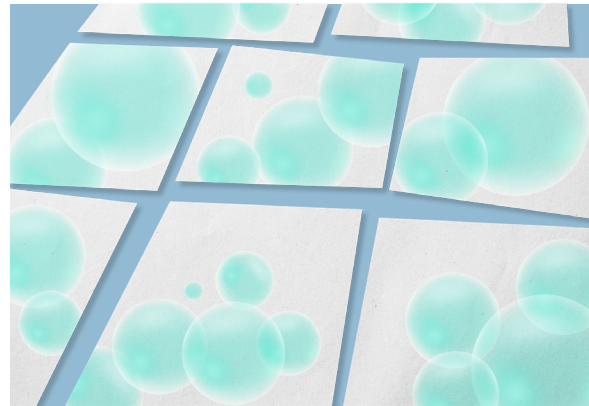
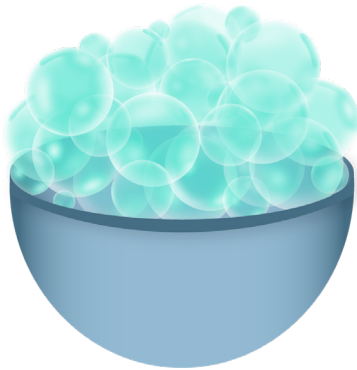
1. Copy a class set of Hammerhead cutouts
2. Mix the paint, soap, and water using 2:2:1 ratios.

Tip: You can also encourage your child to do step two in the prep instructions for hands-on fun.

### Create your own breathing poster!

**Step One:** Create the underwater scene by following the instructions below:

- Pour ingredients into a small bowl. If you decide you want more bubbles, size up using the same 2:2:1 ratio.
- Place the straw into the bowl/cup. Have children practice taking deep breaths by breathing in their nose and out their mouths into the straw to create the bubbles.
- Then, place paper on top of bubbles to make a bubble print on the paper.
- For safety purposes, make sure to tell your child not to suck on the straw when it's in the mixture.



**Step Two:** Color and cut out Hammerhead, then glue him onto the page.

**Step Three:** Draw the bubbles Hammerhead is blowing as he is taking deep breaths. In every other bubble write “in” and “out” to represent the breathing pattern.

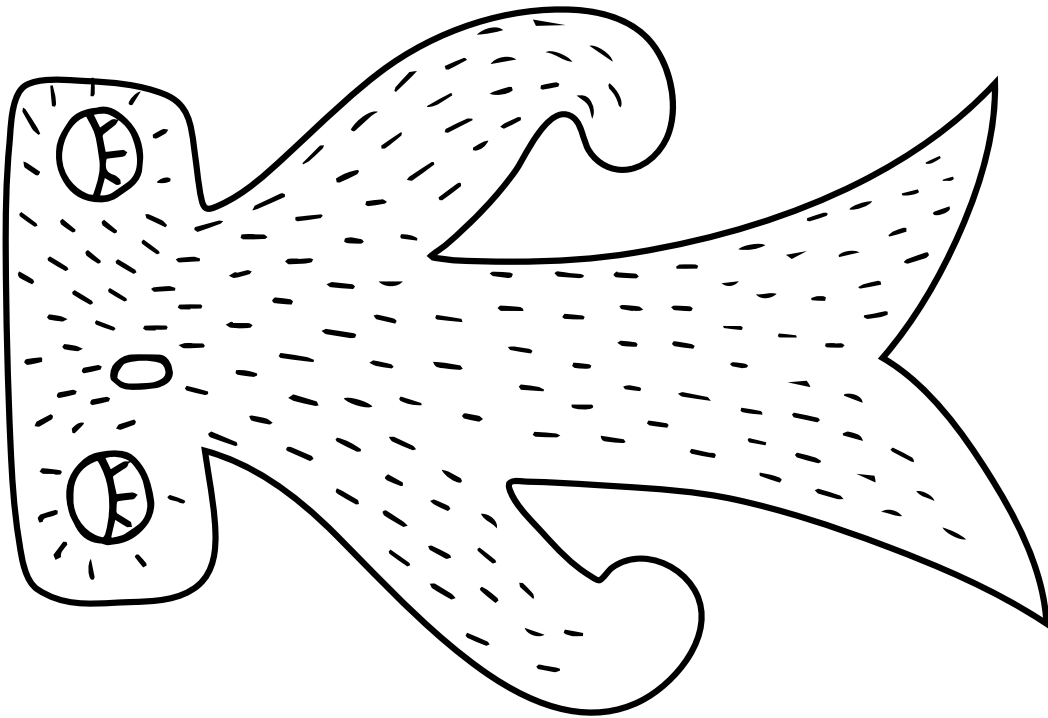
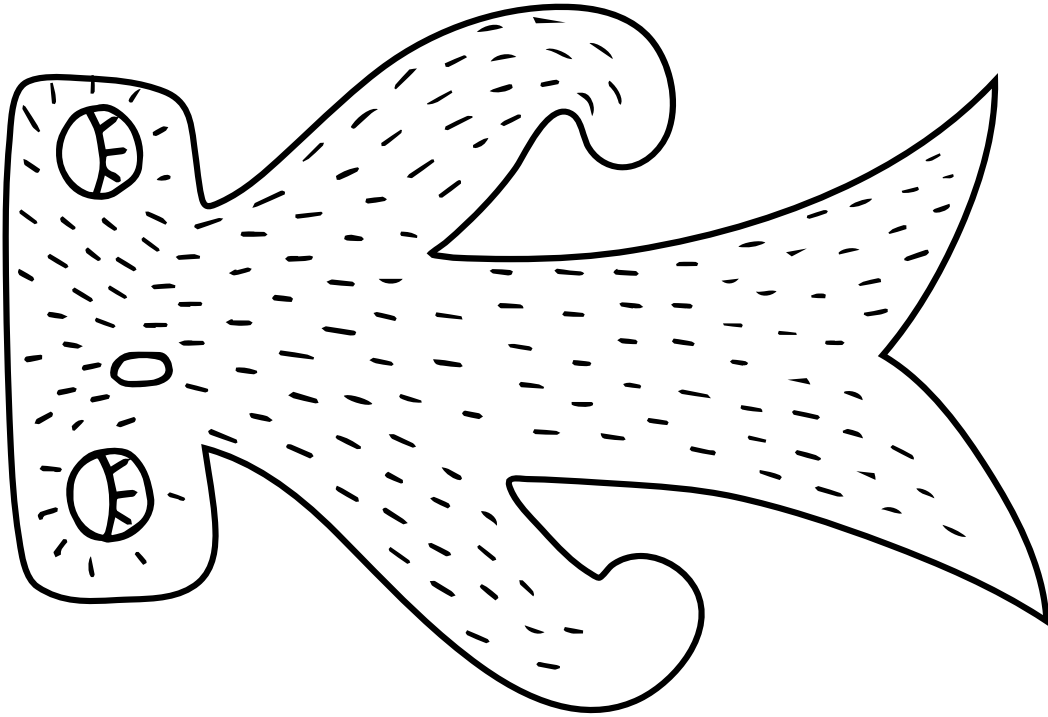


After your child has finished their poster, have them practice using their new tool to help manage big feelings. Teach your child to use their breathing poster to help their body and brain feel better and calm. Breathe in and out while tracing over each bubble.

Vectors from Vecteezy.com

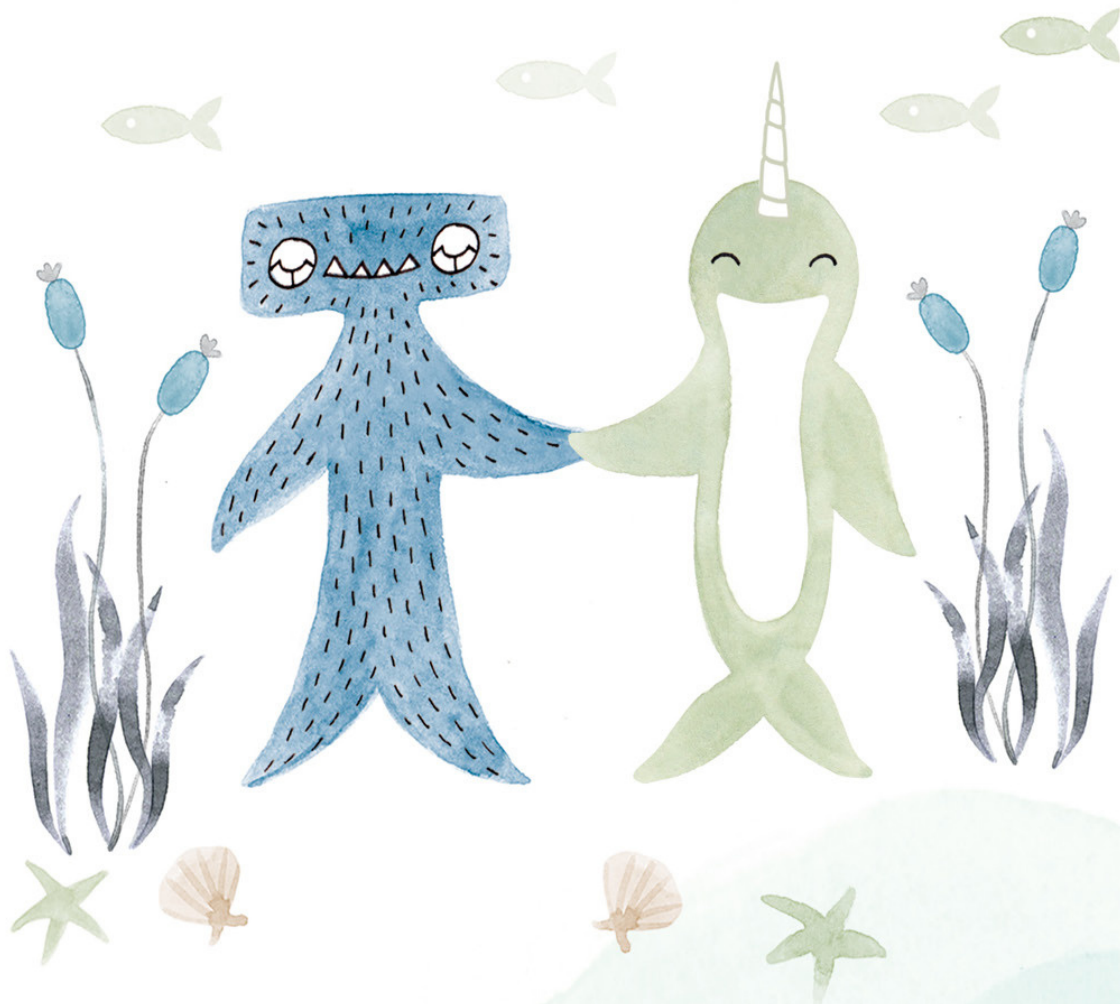
HAMMERHEAD

# Cutouts



slumber  
kins®

# Hammerhead



I felt mad, now I'm calm.  
I can use my words instead.  
I'm sorry I hurt you,  
I still want to be friends.