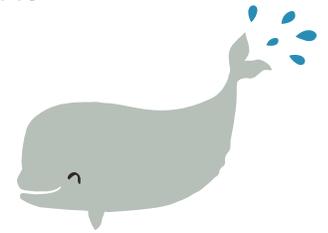


FUN & CALMING BREATHING SKILLS FOR CHILDREN (PSSST...ADULTS CAN USE THEM TOO!)

WHALE BREATH Take a deep breath in through your nose and hold it while you count to five. Then tilt your head up to exhale strongly through your mouth, just like a whale pushes water out their blow-hole. Repeat 5-10 times. This is a good breath to do when you're angry and need to calm down.



BUMBLE BEE BREATH Close your eyes and plug your ears. Inhale through your nose and quietly hum as you exhale, just like a bumble bee! Notice the vibrations in your head.



BUNNY BREATH Pretend you're a bunny sniffing a flower. Take three quick inhales through your little bunny nose then one long exhale through your mouth. Repeat at least three times.

STRAW BREATH Make your tongue into a "straw" shape by curling both sides up. Deeply inhale through your tongue straw and imagine you're slurping up a cool, refreshing glass of water. Exhale through your nose. Use this breath to cool down on hot days.

SNAKE BREATH Breathe through your nose, and then slowly and smoothly breathe out with a hissing noise for as long as you can. Try this breath seated or doing cobra pose, arching up when you inhale and then slowly returning to your belly during your hissing exhale.

DRAGON FIRE BREATH Interlace your fingers underneath your chin. Inhale and lift your elbows up so they frame your face and your chin is resting on your interlaced fingers. Exhale, lifting your head up while you whisper "ha", like a dragon breathing fire. At the same time, bring your elbows back down so they touch each other. Use this breath when you're tired and need energy or you're feeling scared and need the bravery of a dragon.