

# Summary of the Lesson

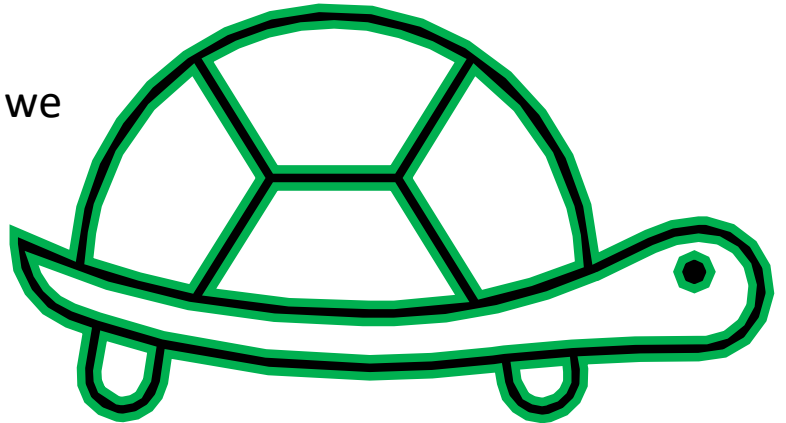
One of the best ways to calm down is using our **BREATH**

We can learn to take control of our bodies when we breathe

We need to use deep breaths when we are feeling an emotion a little bit

When we practice breathing, we breathe in through our nose and out through the mouth

We take deep breaths, slowly like a **TURTLE**



The Challenge: Take 10 Deep Breaths Everyday

# *Resources for Parents*

## **How to Deep Breathe:**

This resource explains the importance of taking deep breaths. It also walks you through 10 steps to help you further practice.

<https://www.webmd.com/parenting/raising-fit-kids/recharge/how-to-deep-breathe#1>

## **Creative Ways to Teach Deep Breathing to Kids:**

This resource goes through reasons why to practice deep breathing. It then gives some more creative ways to help your kids practice this.

<http://www.lianalowenstein.com/articleProfDeepBreathing.pdf>

## **Deep Breathing Exercises for Kids:**

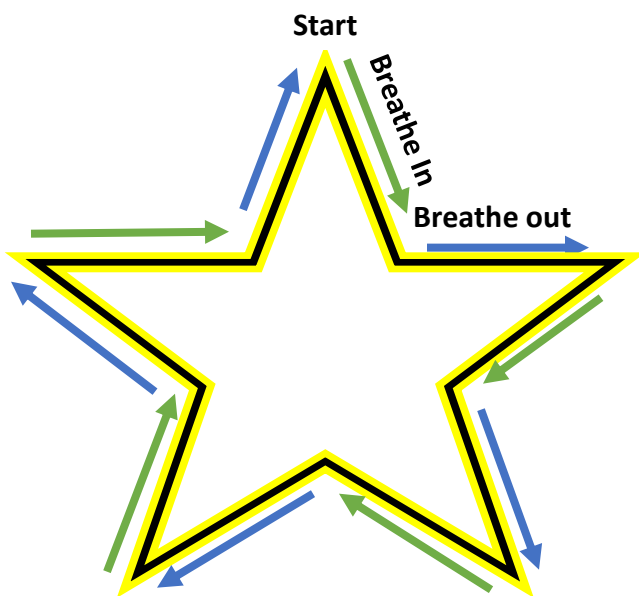
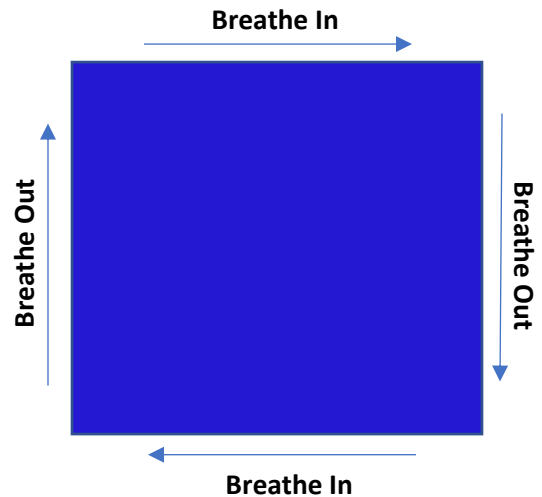
This resource explains the importance of taking a deep breath. It also provides other ideas how to help children practice taking deep breaths.

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

# Breathing Techniques

## Square Breathing

Begin with one side of the square and breathe in  
The next side you breathe out  
The whole square makes a total of 2 breaths  
Go through this 5 times to make 10 breaths



## Star Breathing

Begin at the start point  
Breathe in then breathe out  
while tracing the star  
Repeat the star twice for 10 breaths

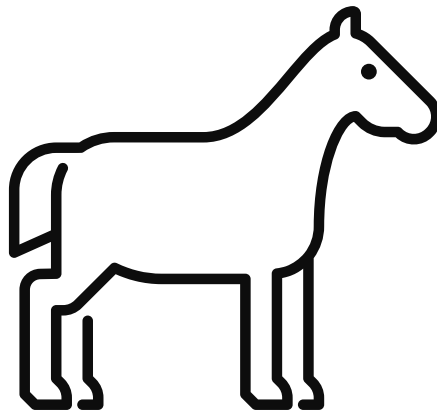
## Hot Chocolate Breathing

Breathe in through your nose  
to smell the hot chocolate.  
Count to 5  
Then blow on the hot chocolate  
to cool it down  
This makes one breath



## Horse Breathing

Take a big dee breath in  
Through your nose  
When you breathe out,  
Vibrate your lips together  
Making a horse sound  
This makes one breath



## Flower Breathing

Slowly trace the flower petals  
Breathe in through your nose  
for 2 petals  
Breathe out through your mouth  
For 2 petals

