

Mindful Moment Volume 4



Deep Breathing

Sometimes we underestimate the power of breathing. You may have noticed that children are not always articulate when explaining their feelings...am I right? At school, we often work with children to take deep calming breaths. When children are upset, nervous, angry, excited, etcetera we ask them to take a few deep breaths to reset their regulators.

Slow deep breathing has a physical effect on your body to help you calm down and lower stress. So **deep breathing** does make a big difference for **kids**.

While everyone knows how to breath most children do not know how to take deep breaths properly. Here are some ideas:

1. Have child lie on their back with a teddy bear on their belly. Have them take a slow breath in through their nose. When they breath in through their nose, their teddy bear should raise...hold that breath for 4 seconds with the teddy bear in their air and release the breath SLOWLY watching the teddy bear lower.
2. Have child put their hands on their belly. Pretend to hold a bubble wand. Take a big deep breath in through their nose and feel their belly rise, then blow out their breath (count to 4) while trying to blow the biggest bubble EVER!
3. Get a feather and have child blow the feather, trying to keep it in the air for as long as possible with each breath.
4. Cosmic Kids has some great breathing practice. Check out the link below....
<https://www.cosmickids.com/five-fun-breathing-practices-for-kids/>

Remember that we are all in this together. Stay safe Raptors!

Mrs. Primmer & Mrs. Billard Penney

Your friendly neighbourhood guidance team!