



Breathing: Balloons

Breathing exercises help children calm down and become aware of their bodies.

Have children:

- ◆ Sit with their legs crossed, shoulders back, spine tall, and hands in their lap or over their hearts.
- ◆ Take a deep breath in through their nostrils.
- ◆ Cup their hands around the mouth like a pretend balloon.
- ◆ Release the air through the mouth to “blow up the balloon.”

Use Calm-Down Techniques

“Breathing in and out into my ‘balloon’ helps me feel better. When I feel upset, I can remember to use this.”