



Breathing: Flower & Candle

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

To promote deep breathing, model for children how to “smell the flowers” while inhaling (through nose) and “blow out the candles” while exhaling (through mouth).

More Support: Pictures of flowers and candles will help children remember to take big, deep breaths when they inhale and exhale.

Narrate and Label

Working Memory

“Remember to “smell the flowers” as you take a deep breath through your nose. Now, blow out the candles through your mouth!”