



Breathing: Rise Up

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

Have children inhale deeply and raise their arms overhead. Keep inhaling until arms are reaching straight up. Exhale while simultaneously lowering arms back down to your sides.

More Support: Sit with children in your lap or close by. You can model the actions or gently help children raise and lower their arms while narrating.

Cues and Visuals

"Here's a picture of what we're doing next. It's a child with their arms up. Right! We're going to do our breathing."