

## Breathing techniques to practice with CHILDREN!

Did you know that our breath is directly linked to our nervous system? So how we breathe, effects how we feel!

When we are stressed as humans, our breathing can change (it happen to us ALL). So these simple practices can help to regulate emotion, moments of stress and promote calm and clarity. Fun to do with kids....and even more connecting when practiced together too!

Don't worry about getting it 'right' either! Have a go and have fun 😊

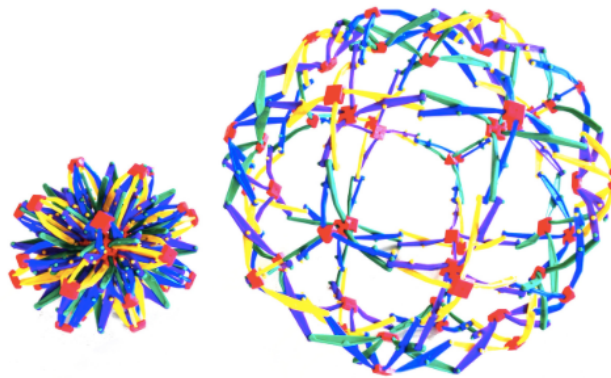
### 1. The 'TAKE FIVE' breathing technique!

- \* Sit facing each other.
- \* Put one hand out in front, spread the fingers wide.
- \* Place the first finger of the OTHER hand in starting position, at the base of the thumb.
- \* As you breathe in (through your nose), slide that first finger up the outside of the thumb, all the way to the top. As you breathe out (through your mouth), slide it down the inside of the thumb.
- \* Keep sliding up and down all the fingers on the spread out hand, linking with the in breath and the out breath! Until you come to the bottom of the little finger.
- \* Swap and try the hands the other way!



## 2. The 'HOBERMANS SPHERE!' or Breathing Ball!

- \* Sit facing each other. Take it in turns to hold the ball.
- \* As you expand the ball nice and big, take a slow deep breath in! (through the nose).
- \* As you slowly shrink the ball back to small size, gently release all your breath (through the mouth!).
- \* Repeat a few times and swap!



## 3. 'TEDDY BEAR' breathing!

- \* Lie down next to each other, with your favourite teddy! (one each!).
- \* Place your teddy on your tummy in a comfy position.
- \* Take a big deep breath in, feel your tummy grow big like a balloon!
- \* Take a slow breath out, let your tummy deflate and go flat!
- \* Watch as your teddy takes a ride up and down!
- \* Repeat SLOWLY a few times!



Namaste!  
Happy breathing = happy brains!