Breathing Techniques to help children regulate their breathing and help reduce anxiety.

Bubble breathing

Blowing gently to create bubbles is a good way to be playful and breathe deeply. Visually seeing the bubbles also helps distract the brain and helps put the 'thinking brain' back in control.

Feather breathing

Get some colored feathers and pick out one feather to use. It could be a color that they love or one that makes them feel calm. Breathe in and hold it for a count of 3, then breathe out going up on one side of the feather and down the other side.

Flower breathing

Pretend your open palm is a flower. As you slowly close the flower into bud by gently closing your hand, breath in slowly through your nose, hold for a count of 3 and then slowly open up your hand and breathe out through your mouth while you imagine the flower petals uncurling. Repeat 5 times.

Balloon breathing

Imaging you are holding a balloon in your hands in front of you. Breathe in through your nose for a count of 3 and hold for a count of 3, then gently breathe out through your mouth and expand your hands as if you were blowing into a balloon and it's getting bigger. Repeat 5 times.

Roller coaster breathing

Hold your hand out in front of you or put your hand on your leg, with your fingers spread open. Use your Peter Pointer on your other hand and start at the base of your thumb to trace, slowly up the side of your thumb. As you do this breathe in through your nose, when you

get to the top of your thumb wait for a count of 3 and hold the breath. Then slowly trace your Peter Pointer down the other side of your thumb and slowly breathe out through your mouth. Continue along all the fingers on your hand and then swap hands.

Taste & smells

Breathe in through your nose for a count of 5, while you do this imagine you can smell your most favourite smell. Hold the breath for a count of 3 and then slowly breathe out through your mouth and imagine you are blowing bubbles gently away, or making a feather gently ripple. Repeat 5 times.