

Five Magic Breaths Resource Pack

We are excited to share this Book Resource Pack with you and your child! Designed to support reading engagement and learning at home, this pack includes a range of activities to accompany the exploration of 'Five Magic Breaths'. Each activity supports a different area of learning and development, helping to make reading both fun and meaningful.

Here's a quick overview of what's inside and how they can benefit your child:



Word Search - A fun way to reinforce new vocabulary from the story, improving spelling, concentration, and word recognition.



Drawing Prompt - Encourages creativity and visual thinking, helping your child to make personal connections to the text and explore characters or settings in more depth.

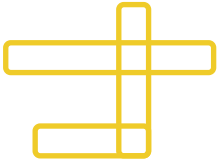


Mindfulness colouring - Gives your child a calm and focused way to practise regulation. As they colour, their breathing naturally slows, which helps them to relax and feel grounded.



Emotional Vocabulary Help - Helps your child build emotional awareness by recognising different feelings and linking them to healthy responses. By practising these choices in a playful way, learners strengthen their ability to regulate when real situations arise.





Five Magic Breaths Word Search

Can you find all 10 words that are found in the story 'Five Magic Breaths'?

p	l	a	y	a	b	p	p	m	x
b	m	e	e	r	r	h	r	e	p
u	a	u	d	i	e	n	c	e	e
n	g	a	t	u	a	l	a	r	t
e	l	r	m	p	t	a	p	k	r
r	c	e	a	p	h	y	u	a	a
v	p	l	x	t	e	l	m	t	c
o	a	a	l	b	m	l	y	b	e
u	y	x	m	f	i	n	g	e	r
s	t	h	u	m	b	l	t	y	x

audience
breathe
finger
magic
meerkat

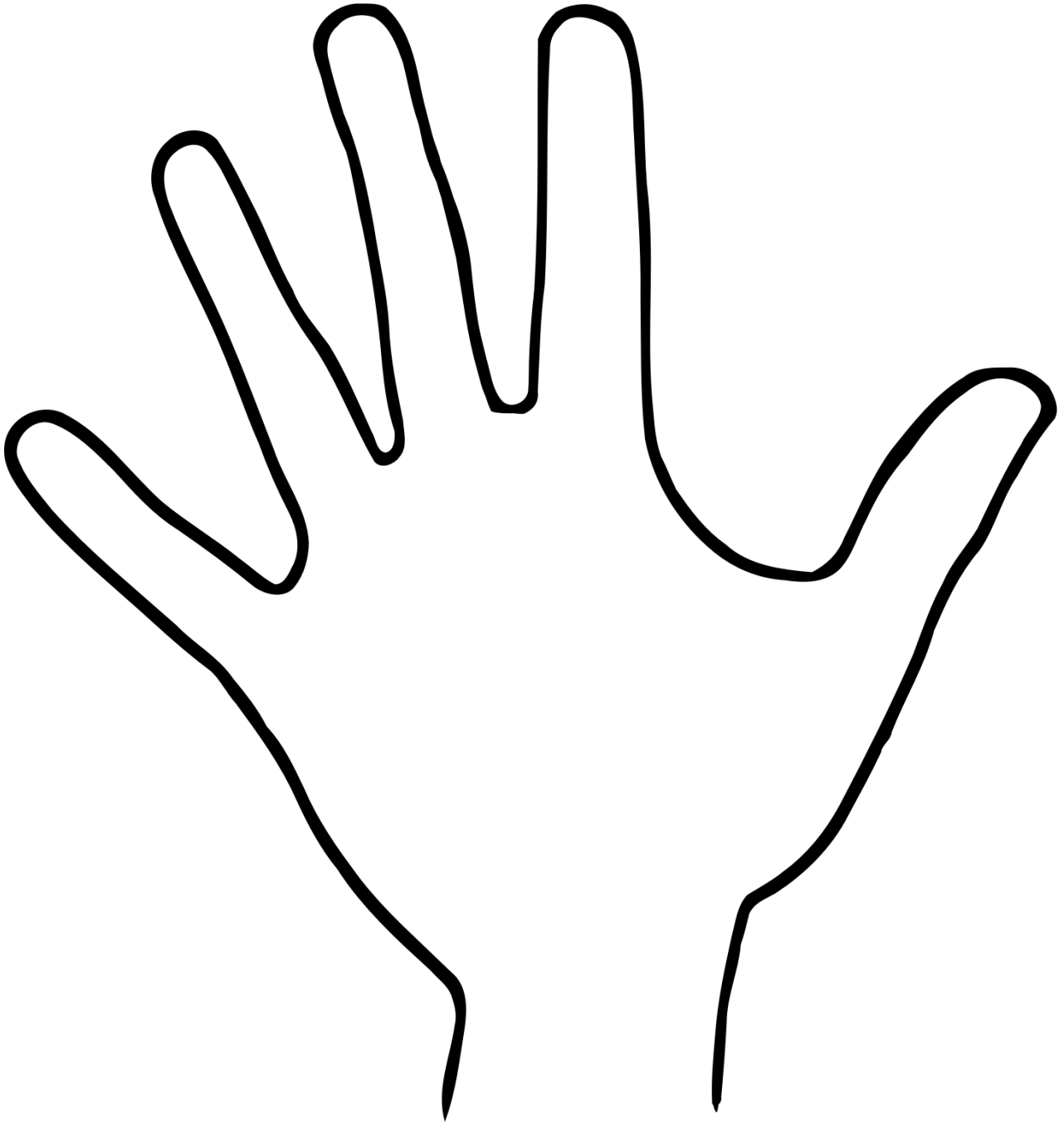
nervous
play
relax
thumb
trace





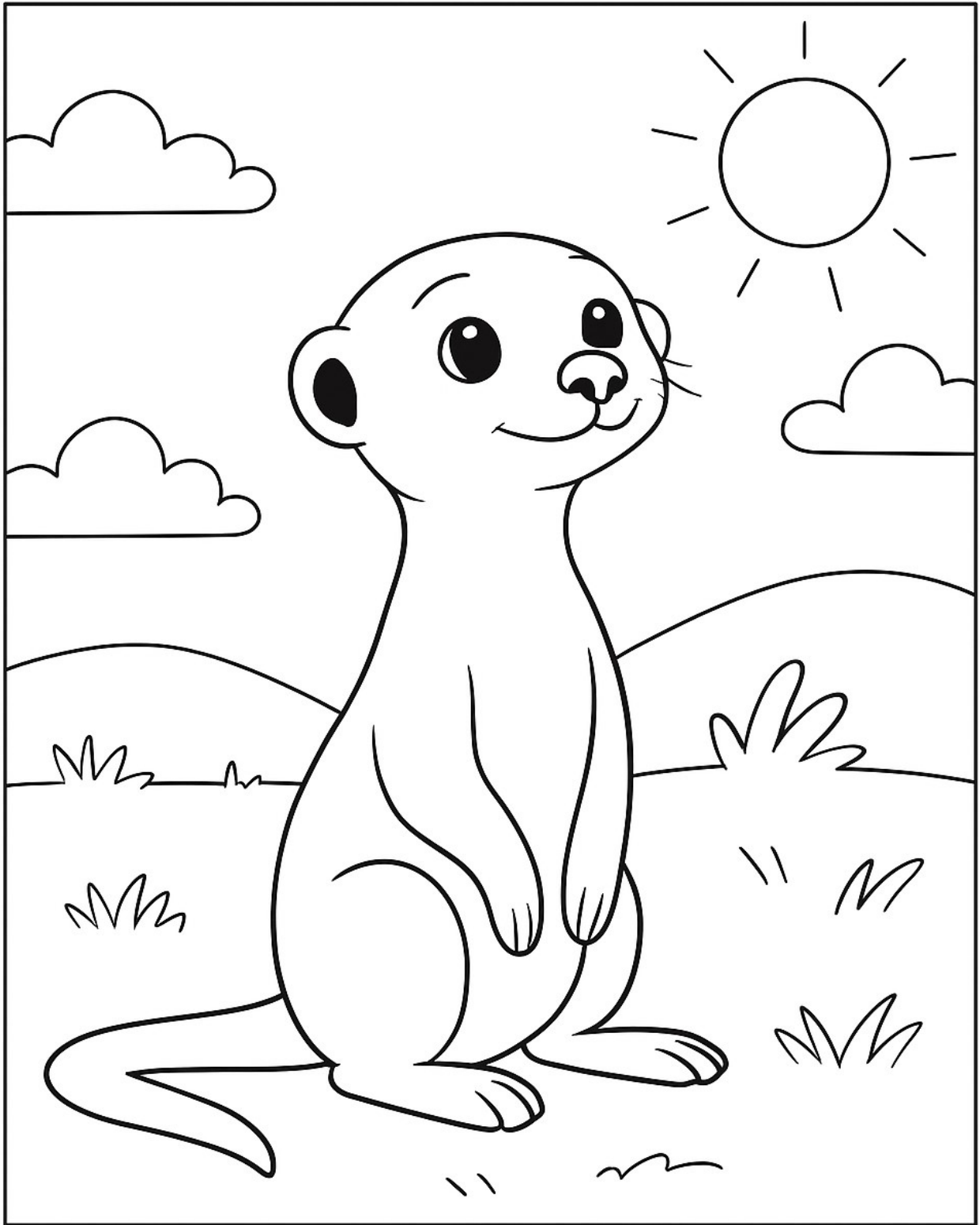
Five Magic Breaths Drawing

Decorate this hand with colours and things that make you feel calm or any other design that you wish!





Five Magic Breaths
Mindfulness Colouring





Five Magic Breaths Emotional Vocabulary

Match the image to the emotion



sad

nervous

happy

angry

upset

What might help you if you feel these emotions?

Nervous - _____

Angry - _____

Upset - _____

Remember you can always talk to a trusted adult.

