

Kids Breathing Exercises

Taking time to move and breathe mindfully every day can help you feel your best! Here are some breathing exercises for you to practice. Try one of these breathing exercises if you feel upset or need to calm down. And also try them out other times during your day. Notice how you feel after you are done.



Birthday Candle Breath

- Spread your fingers wide
- Imagine each finger is a birthday candle
- Take a DEEP BREATH
- Blow out the imaginary flames one at a time



Dandelion Wishes Breath

- Reach down and pretend to pick a bunch of dandelions
- Take a DEEP BREATH
- Blow away the pretend dandelion seeds as hard as you can



Five Finger Breath

- Use your pointer finger from one hand to slowly trace up and down each finger on your other hand
- Breathe IN as your finger traces UP
- Breathe OUT as your finger traces DOWN



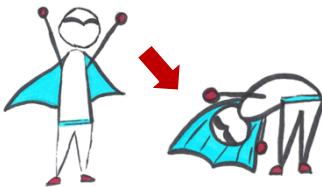
Balloon Breath

- Place your hands on your belly
- Breathe IN
- Imagine your belly is a balloon filling with air
- Breathe OUT
- Imagine your belly is a balloon releasing air



Cooling Breath

- Pretend you are holding a mug of hot chocolate filled with marshmallows
- Take a DEEP BREATH
- Blow out to cool down your hot chocolate without moving any of the marshmallows



Whoosh Breath

- Reach your arms up high in the air
- Take a big breath IN
- BREATHE OUT and make a 'whoosh' sound
- At the same time, bend forward at the waist and flop your arms down