YOUR SUPER POWERS



BREATH

7 Days of Breathing Fun



BODY



BELIEFS



BRAIN

EXPLORE. DISCOVER. GROW.

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YOUR SUPERPOWERS

BREATH



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Thank you in advance for your honesty & integrity.

Please remember... the tips, videos and handouts shared are not intended to provided medical advice or therapist instruction, but only for education and information. Please consult a therapist or physician regarding specific & individualized diagnoses, intervention or advice.
Safety Concern: If you feel dizzy or light headed while practicing any breathing exercise, take a break and resume normal breathing, have a drink of water or rest.

Top 10 ideas to get started...

Take some BIG breaths and have fun!

Remember to take a big breath yourself so you enter situations more calm & regulated!

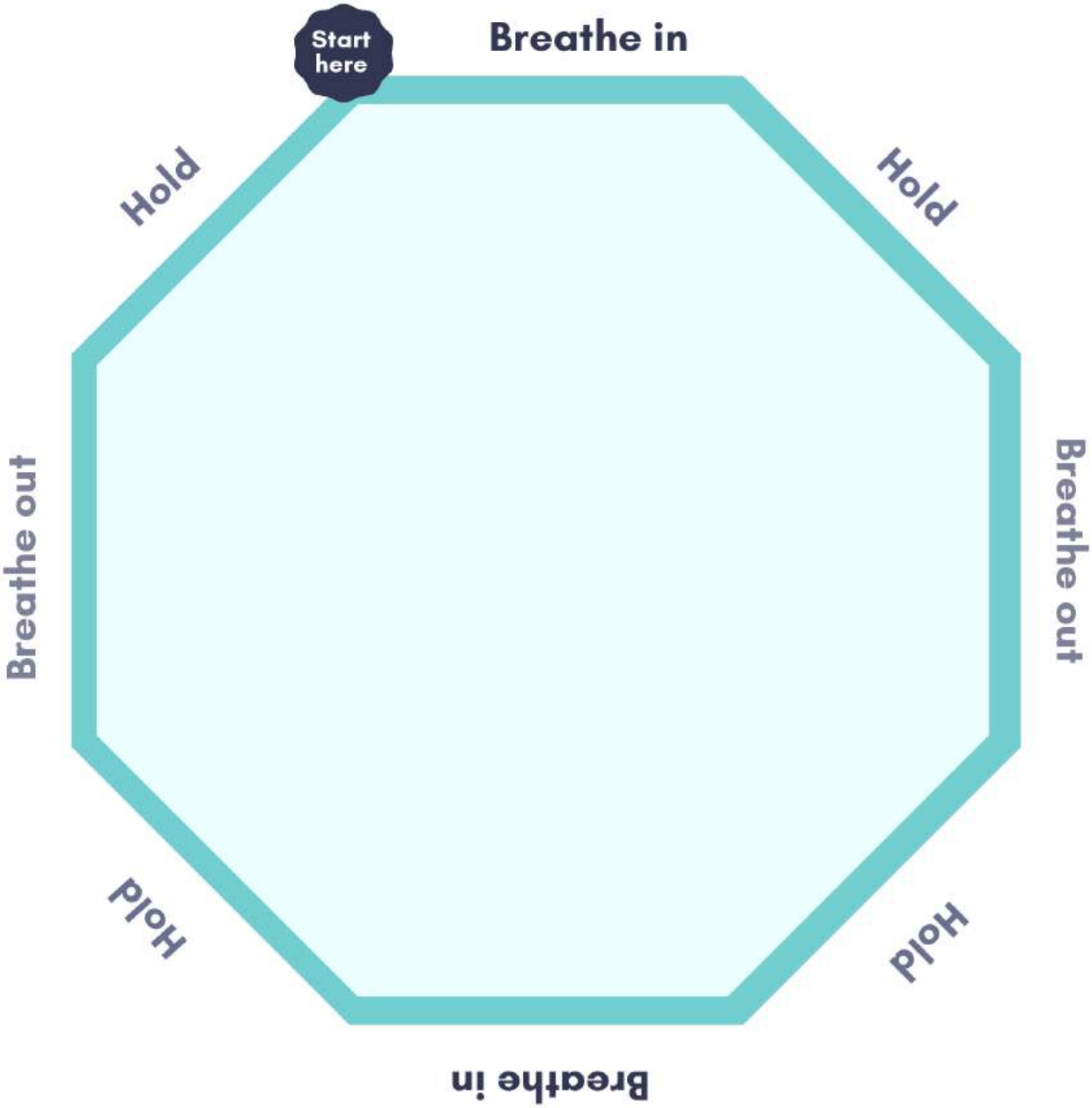
1. Print and place in a binder in your living room. It can be available to flip through anytime... without pressure:)
2. Post one on the fridge.
3. Post one on your child's door.
4. Post one in the entry.
5. Post one in the bathroom.
6. Keep some of the cards in your bag for outings.
7. Print cards and keep them in a basket - pick out a random one to practice together.
8. Roll a breath break (see sample at the end of booklet).
9. Plan a time every day to try one breath break.
10. Have your child determine ONE they want to practice consistently.

What other ideas have worked for you?
Let me know so I can share with others!

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8 SIDED BREATHING



Trace your finger along one side of the octagon as you breathe in, keep tracing as you hold, breathe out, hold, breathe in. Keep tracing the octagon until your body and brain feel connected and calm. Your breath is here to support you as you stop before your proceed.

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RAINBOW SHAPE BREATHING



Place your finger on the "1" star.
Trace along each colour of the rainbow – ONE at a time, with your finger as you **breathe in** as you trace the rainbow to the cloud, and then trace back to the star as you **breathe out**. Move to the next star and trace the next colour. Repeat until you've completed the entire rainbow... you can do this one time, or more than one time.

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STUFFY BREATHING



Take one of your favourite stuffed animals.
Lay down on your back somewhere comfortable and place your stuffed animal on your tummy.

Take a big, deep breath into your belly, your stuffed animal will move up just a little.
Breathe OUT and let all the air out of your tummy and your stuffy will have a little ride down.

Breathe IN, as your tummy fills with air.
Breathe OUT, and empty the air from your tummy.

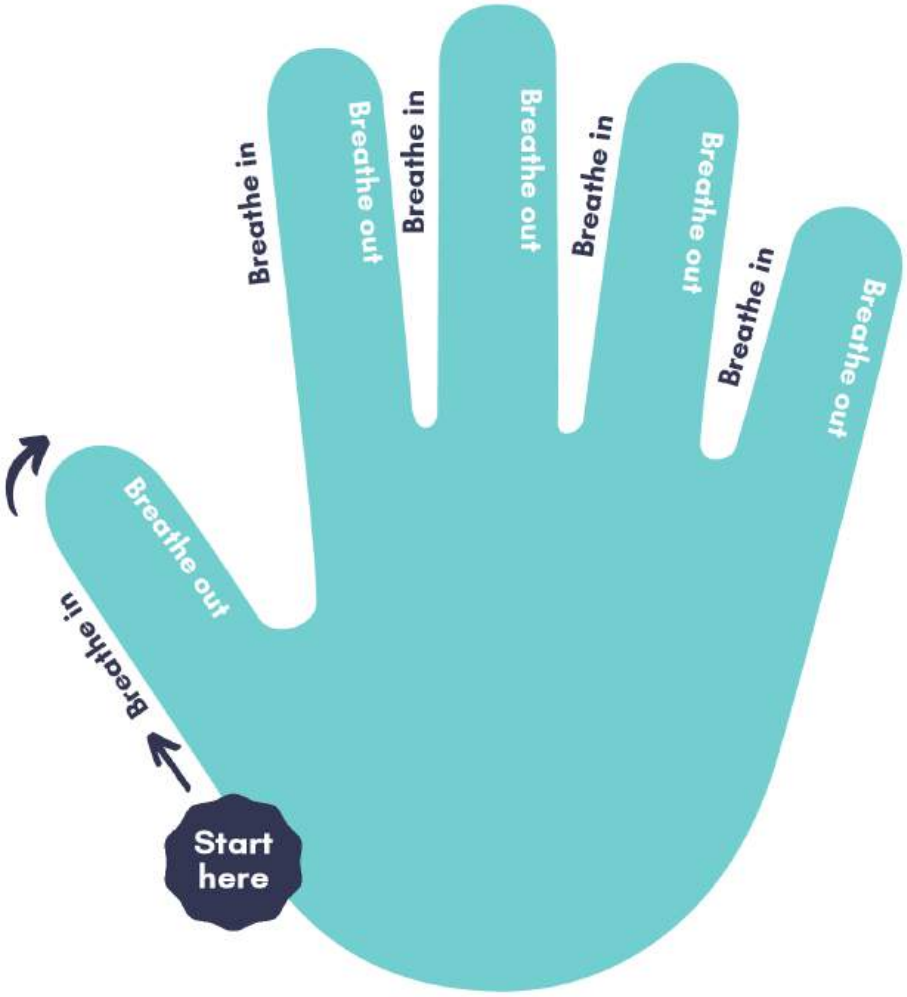
Continue 5-10X.
Hope your stuffy enjoys the ride. When you are finished you can give your stuffy a cuddle and carry on with your day!

More about breathing with a *stuffy OR a Kleenex* -
https://bloomingabilities.com/blog/f/breathing-to-calm-with-your-child-and-a-stuffy-or-a-kleenex

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USING

FINGER BREATHING



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

OR

Stretch out one hand so you have space between each finger. Using the pointer finger from the other hand start at the bottom of your thumb and trace up while you SLOWLY breathe IN nose. When you get to the top of your finger SLOWLY breathe OUT through your nose. Repeat for all fingers until you have traced your whole hand.

You can also trace the other hand.

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HOT CHOCOLATE BREATHING



If you live somewhere that it gets cold in winter,
you might enjoy a mug of hot chocolate to warm up on a cold day!

Imagine you are holding a mug of hot chocolate in front of you.
You can hold your hands like a cup.

Breathe IN through your nose, the delicious smell of hot chocolate.
Breathe OUT through your mouth, to cool the hot chocolate so it doesn't burn your tongue when you drink it.

Repeat 5-10X, until it is cool and ready to drink...
OR, until your emotions feel cool, and you feel ready to keep going in your day!

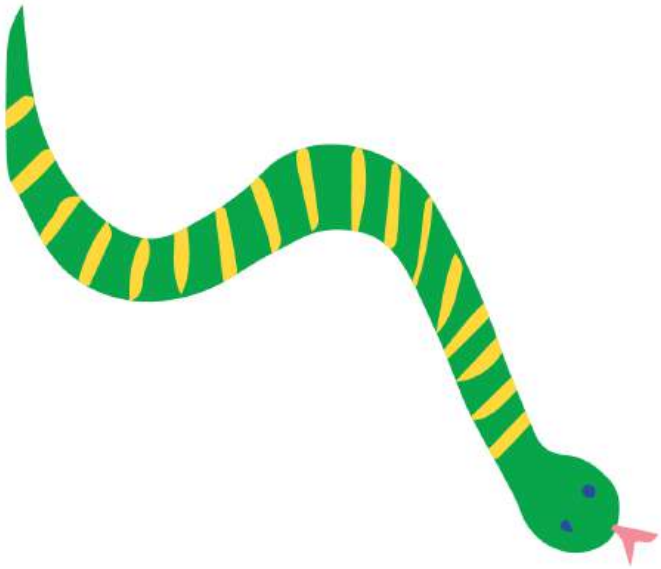
Have a delicious day!

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SNAKE BREATHING





Snakes often slither slowly and smoothly along the ground or a branch.

Let's find our smooth, slow breath like a snake.

Find a comfortable position - you can choose to:
sit with legs cross like a snake coiled up
OR
lay on your tummy

Take a slow breath IN through your nose, as you sit up taller or rasie your head off the floor.
Pause.
Slowly breathe out through your mouth with a "HISSSSSS" sound,
lowering your head and wiggling your shoulders.

Try to make your breath OUT as long as possible (longer than your breath in)

Continue with 5-10 snake breaths.

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MONKEY BREATHING



Monkeys are very funny and playful animals.
They love to swing from tree to tree.
We can imagine being monkeys, swinging from tree to tree too!

Sit with your legs crossed and your back tall.
Place your hands in your lap.
You can keep your eyes open or lightly closed.
Breathe IN and lift one arm up to catch an imaginary branch over your head.
Breathe OUT and lower your arm to your lap.

Breathe IN and lift the other arm to grab another imaginary branch over head.
Breathe OUT and lower your arm to your lap.

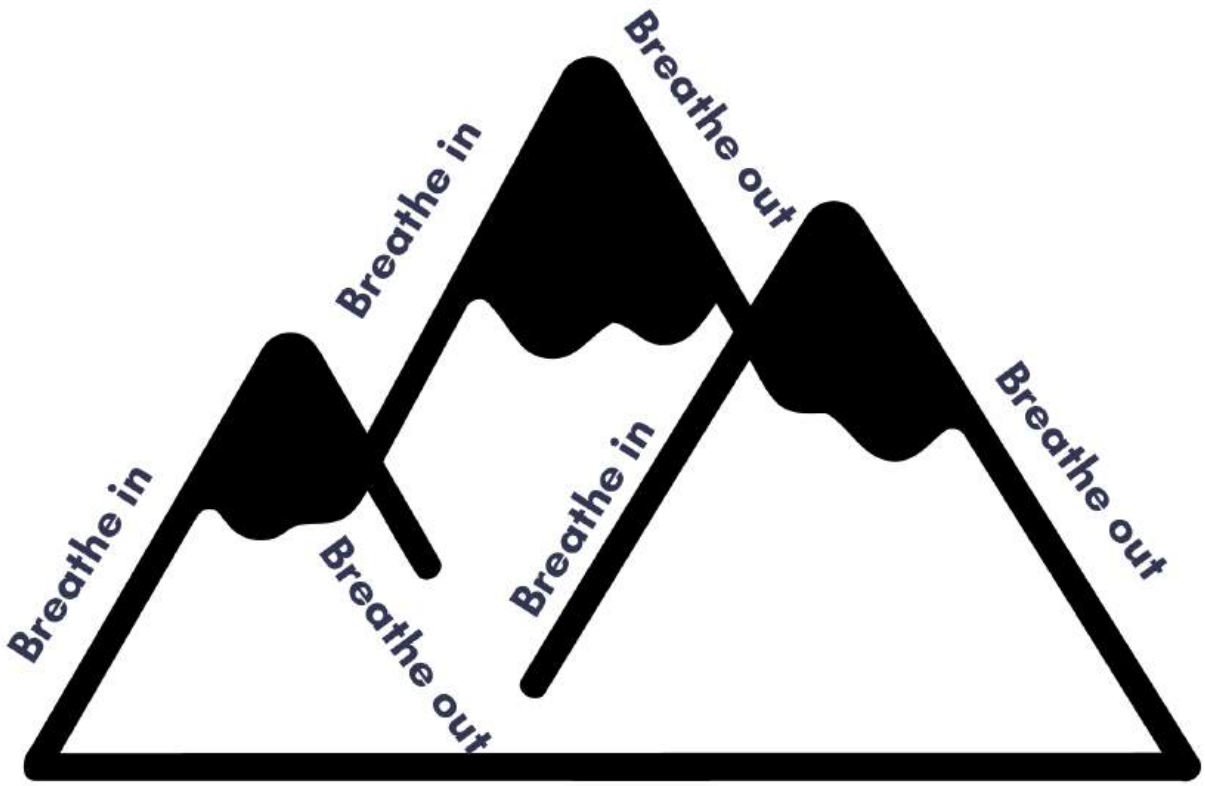
Continue 5-10X.
Happy swinging and breathing monkeys!





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MOUNTAIN BREATHING



Mountain breathing can be done sitting or standing, with a tall, straight spine OR tracing the shape with your finger or your eyes.

Take a big, deep breath IN and slowly raise your hands over head until they meet like the top of a magnificent mountain up high in the sky.

Can you feel your feet or your bottom ground into the earth?
You are strong and sturdy.

Keep your hands together. Breathe OUT and slowly bring then straight down the center of your body until they are in front of your chest.

Breathe IN and rasie your hands again.
Ground your feet and slowly breathe OUT as your hands come down.

Repeat 5-10X.

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PRETZEL BREATHING



1. Cross one arm over the other, palms face each other with thumbs down.
2. Clasp fingers together.
3. Slowly bend your hands down and turn them until they are up and against your chest (see picture).
4. Take some deep breaths in your pretzel. (You can do this sitting or standing)

You can also cross the same leg over the other (e.g. if your right hand was on top when you made a pretzel, cross you right leg over the left).

Unfold, and repeat with the other arm on top - fold into a pretzel and breathe a few deep, slow breaths and feel your body calm.

Making the pretzel a little tricky? Try this...
Put your right hand on your left shoulder, and your left hand our your right shoulder. Squeeze and breathe. This is a simple pretzel.

Want to follow along with a video? **https://bloomingabilities.com/pretzel**

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YOUR OWN BREATHING IDEA

Do you have another **IDEA for a way** of breathing? YOUR breath is ONE of your SUPER POWERS, and only YOU can find the ways that helps you MOST!

Please share your ideas with me!! I can't wait to hear your creative & innovative ideas!

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creates space for...

connection

POSS ILITY

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&

OPPORTUNITY

~Heidi Paetkau

what do you need most in THIS moment?

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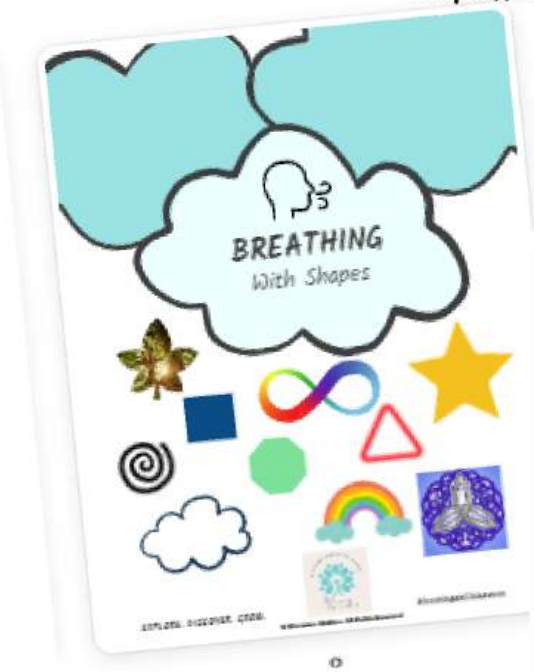
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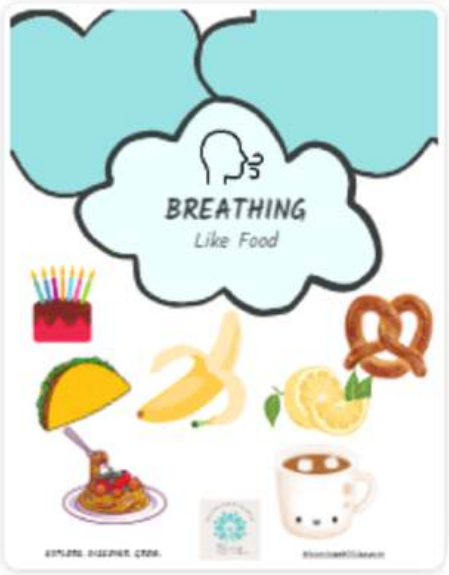
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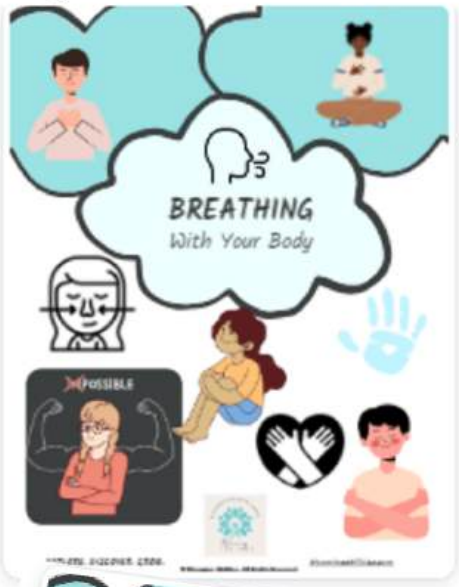
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So many fun supports for BREATHING
~ help children find their calm ~

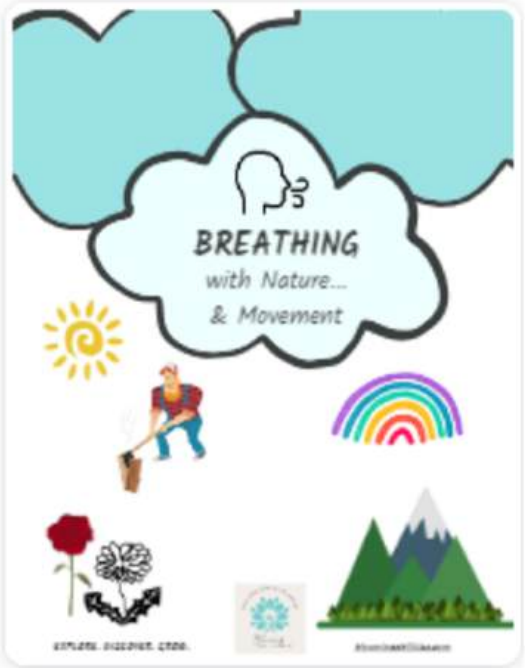
Find them all and more in the **Blooming Abilities Learning Hub**
https://blooming-abilities.teachery.co/















So much SUPPORT for YOU in every bundle!

Find these supports and more in the **Blooming Abilities Learning Hub**
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- Tips for parents
- Printable card
- Roll a Breath Break
- Enticing Intro for Kids
- Tracking page

And more...

Breathing with SHAPES bundle!

Find them all and more in the **Blooming Abilities Learning Hub**
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Over 30 pages including:

- Triangle Breathing
- Mandalynth Breathing
- Star Breathing
- Rainbow Breathing
- Draw Your Own Shape

...And more...

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Breathing with NATURE bundle!

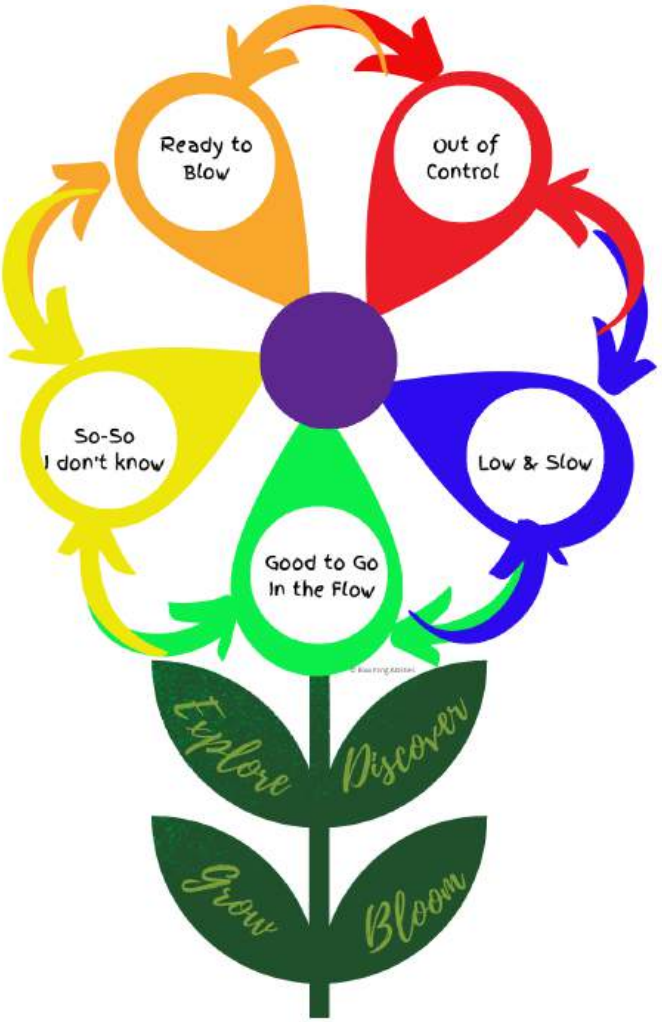


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Over 30 pages including:

- Mountain Breathing
- Volcano Breathing
- Cactus Breathing
- Sun Breathing
- Draw Your Own Shape

...And more...



Curious in learning more about emotions & regulation/dysregulation - check out my webinar "**Ride the Waves of Big Emotions**" for more about the Flow-er of Emotions and the 4R's of Emotions (Recognize, Respond, Release & Regulate, Re-enter) - when we understand our emotions, we can flow through them with more ease and less chaos!

https://bloomingabilities.com/webinars

4 R's of Emotional Explorers









What is most needed RIGHT NOW to re-enter & move forward?

1. Repair
2. Relate
3. Return
4. Reason
5. Reflect



Move Emotion (energy in motion)

- Proactive
- Move it
- Let it out
- Re-direct (meet needs in safe way)
- Use 8 senses

Connect...

- with self (body & brain & heart - 8 senses)
- with others (especially a safe adult)
- with world (environment around them)

...until your child feels safe and calm again!



Notice & Observe

- What emotion might your child be feeling?
- Name it (to self)
- What are they doing?
- What does it look like or sound like?



Meet your child in their emotion... respond to their needs with:

- Support
- Create safety
- Lead with love
- Connect
- Pause
- Be present
- Allow
- Be WITH
- Be quiet
- Accept - it is it is



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Meet Heidi Paetkau



About Me

Hi! I'm Heidi Paetkau (she/her), and I am a mom of two, an Occupational Therapist, and owner of Blooming Abilities. I am an avid playlist creator and I am here to support kids and adults in super practical ways, on their journey to explore, discover and grow together and empower them to live to their fullest potential!

Instagram
@bloomingabilities.ot

Website
bloomingabilities.com

Learning Hub
blooming-abilities.teachery.co/

Writing
bloomingabilities.substack.com/

Explore more & ways to work with Heidi...

Adult & Child Sessions

working together with both adults & child(ren) together, through play and discovering strategies to support you all!

Adult Coaching

Personalized support for you to support your journey. A safe space to share, receive support and explore strategies for deeper connection and more ease in your days.

Workshops

Group experiences and presentations for parents and caregivers.

My Interests

- Gardening
- Stand-up paddle boarding
- Reading & books
- Creating playlists
- Connecting with nature
- Cross country skiing
- Supporting people to live their best lives!

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CANADA

YOU ARE NOT ALONE