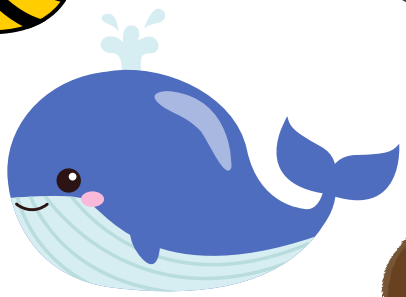
BREATHING

Like Animals



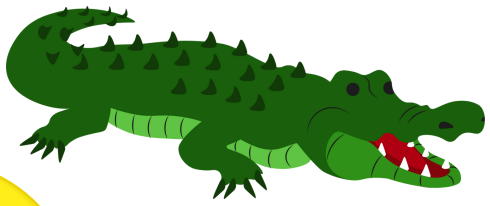




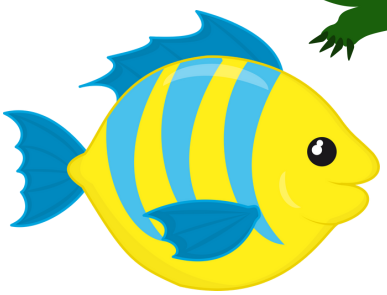


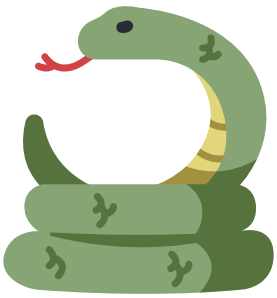














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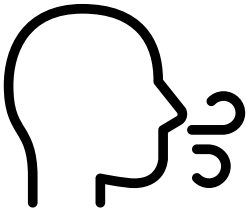
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YOUR SUPERPOWERS

BREATH



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Please reach out for school or clinic licenses.

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Free 7-Day (20 page) e-book available at bloomingabilities.com/breathing

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.

INTRODUCTION

Did you know... Breathing is one of YOUR super powers?

When you feel any big emotions (e.g. worry, stress, ovwerhelm, scared, angry, distracted)...



Taking a DEEP, SLOW breath can send the brain a message to relax and remind your brain, "Everything is safe" - just like a snuggle when you were little (or even now!)



Then... your brain sends that message to the rest of your body!

Do you know... how many times on average we as humans breathe every single day?

It's a really big number.

22,000 breaths a day!

We are powered by our breath.
It's literally what keeps us alive,
It does it automatically. We don't even notice it a lot of the time.



AND we can use our breath as a superpower.
Get into your superhero stance!



When you take charge of your breathing, you can change how your whole body feels.

And it's one of our best superpowers for four reasons...

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WHY YOUR BREATH is a SUPER POWER



1. **Our breath is always with us**. Our lungs are always safely inside our bodies, and they come with us everywhere we go.
2. We can change our breathing to change how we feel without anyone around us. Just **like a spy**, we can use our superpower of breathing, and it can help us feel better... and no one around us might even notice! How cool!!
3. Our breath **connects** our entire brain, body, blood system, and nervous system. **Everything**, literally every part of our body can be connected and supported through our breathing.
4. Our breathe can be **like a pause button** that you might click on Netflix or on a movie or on Your system when you need to take a little break. Maybe you even need to run to the bathroom. It's that pause button.

We know why breathing is important and why it works, and why it helps us. Now let's explore some fun ways to start using our breath as our **superpower**.

There are MANY different ways to use our breath.

Since we are all unique, and different from each other - **different breathing activities will work for each of us**... so try out a few and see which work best for YOU!

We can breathe with shapes, like animals, like nature, like food, using our body, or like other things you might like... did you know you can breathe like a train? like Darth Vader? Like a balloon? or like a car?

Let's get started so YOU can discover which kinds of breathing you liike best... so you can practice and use it as your very own SUPER POWER!!





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TiPS for PARENTS

1. **Practice & introduce when calm (regulated).**
    a. We learn best when we are calm & regulated, so we have tools that feel safe when we become dysregulated.
2. Make it a **habit to do fun breathing exercises daily**.
    a. It helps if you can incorporate them into your daily routine.
    b. Ideas: Before bed, or when waking up, coming in from play, after screen time, before a meal or before homework.
    c. Use the checklist to keep track of all times you've practiced!
3. **Explore together** WITH your child, try them together.
4. **Use the videos** (in WISE Collective) - play in the background, or just watch the first time without trying. Then try next time.
5. **Do the breathing activities yourself**.
    i. Model first. When kids see adults, they are more likely to engage. Practice yourself everyday, and find which breathing tools are your favourites.
6. **Engage your child in planning and exploring** - when to try, which ones to try.
    a. Make a plan and try to follow it consistently - when, where, which tool?
    b. Which one would they like to try when they are getting into the yellow petal?
    c. How would they like to try - with whom? Can their stuffy try? Can they teach a stuffy or favourite toy? Can they make a video?
7. **Keep it fun and positive**. We learn best in play & with joy and fun.
8. **Keep it simple!** Don't try to do it all at once! One step at a time!
9. **Reach out for more support.** Please reach out in the WISE Collective OR by email with ANY questions, comments, concerns, feedback or ideas - info@bloomingabilities.com
10. **Check my blog** for tips to teach your child to take a BIG, DEEP breath with a Kleenex **https://bloomingabilities.com/blog/f/breathing-to-calm-with-your-child-and-a-stuffy-or-a-kleenex**

FINALLY, please remember - **practice makes progress...** the goal is NOT perfection! If it doesn't help right away, keep trying.

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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

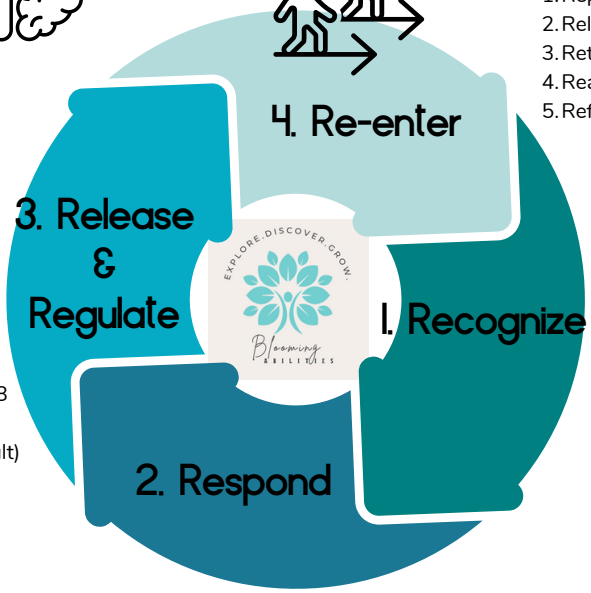
4 R's of Emotional Explorers











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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How to use this booklet... 10 IDEAS

Take some BIG breaths and have fun!

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

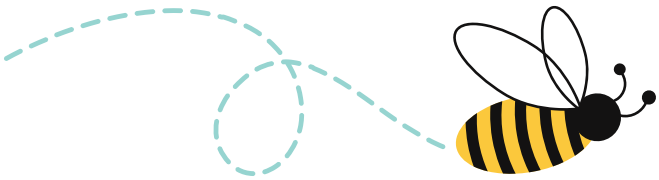
1. Print and place in a binder in your living room. It can be available to flip through anytime... without pressure:)
2. Post one on the fridge.
3. Post one on your child's door.
4. Post one in the entry.
5. Post one in the bathroom.
6. Keep some of the cards in your bag for outings.
7. Print cards and 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.

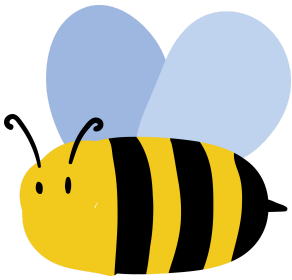
What other ideas have worked for you?
Let me know so I can share with others!

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BUMBLE BEE BREATHING

aka Humming Breath





Bumble bees are often on the move, but they take moments to pause and rest, and gain more energy when they are tired!

Take this moment to pause and rest like a bubmle bee.
Find a comfotable sitting position.
Quietly breathe IN slowly for a count of 4.

Breathe OUT with the sound of "Ommmm" or "Hmmmm"
Keep your lips nice and soft.
This will make your lips vibrate like the buzzing of a bumble bee.
You may even feel the vibration in your entire body.

Breathe IN slowly,
Breathe OUT and hum.

Want to feel even more like a bumble bee?
Try covering your ears with your hands as you breathe!
OR Place your hands on your cheeks/jaw near your ears to feel the vibration.

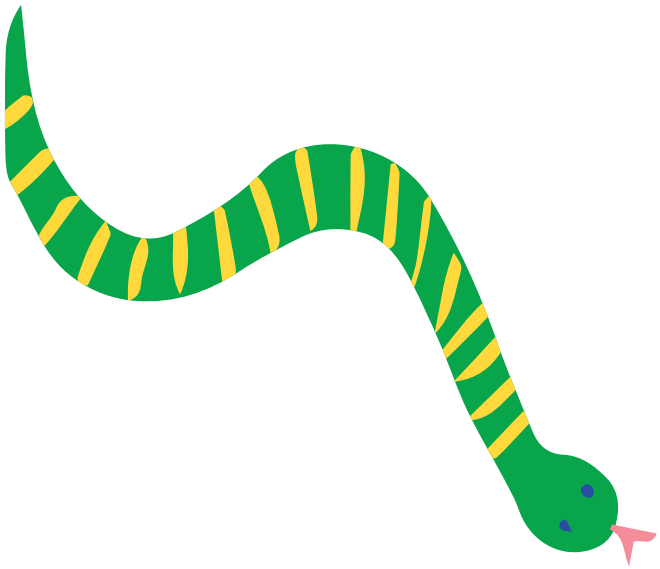
Repeat for 3-5 breaths.

Did you know... humming is one of the ways we can activate the Parasympathetic Nervous System (rest & digest), it also helps ease stress and improve our mood, plus release tension in our throat and voice.

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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

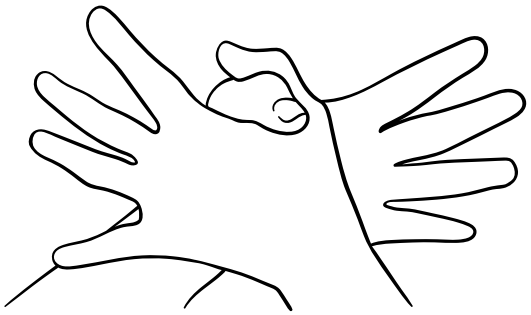
Take a slow breath IN through your nose, as you sit up taller or rasie your head off the floor.
Pause.
Slowly breathe out through your mouth with a "HISSSSSS" sound,
lowering your head and wiggling your shoulders.

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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BUTTERFLY BREATHING







We can use our butterfly breathing in THREE different ways!

Hands - interlace your thumbs to make your hands look like wings. Place your hands against your heart (chest). Slowly flap the wings (your hands) - breathe IN for two taps and breathe OUT for two taps. Now try breathing in and out for 3 taps, or four or more.

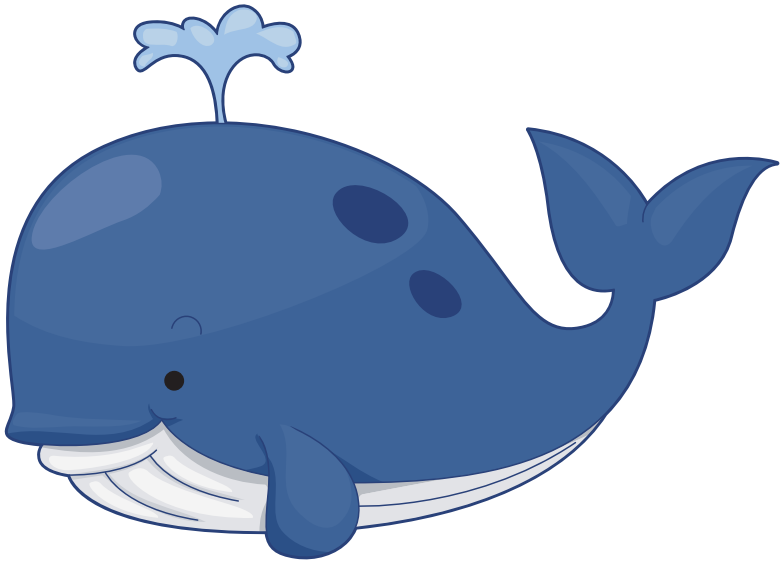
Legs - sitting on the floow, place the bottoms of your feet against each others with your knees out. Gently and slowly move your knees up and down like butterfly wings. Breathe IN for two taps and breathe OUT for two taps. Now try breathing in and out for 3 taps, or four or more.

Arms - Slowly raise and lower your arms like a butterfly fluttering gently on the breeze. Breathe IN as you raise your arms and breathe OUT as you lower your arms.

Which way of butterfly breathing do you like best? Each way might work best in different situations!

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WHALE BREATHING



Even though whales live in the water, they breathe oxygen just like we do!

They must breathe REALLY big breaths into their lungs becasue some whales can stay under water for 15 minutes!

When a whale surfaces to fill its lungs with fresh air, warm air escapes from its blowhole. Did you know that the air that YOU breathe out is also warm!?

To breathe like a whale, first find a comfortable sitting position.
Make your back tall, with your head over your heart and your heart over your center.

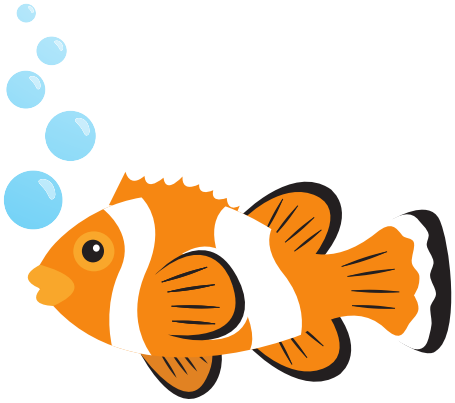
Take a nice, deep belly breath IN.
Tilt your head up and make a blowhole with your hands around your mouth and breathe OUT.

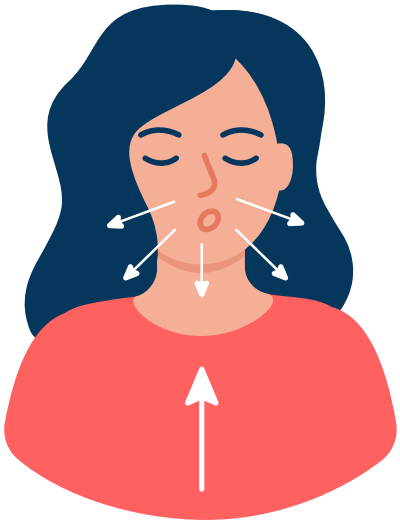
You may want to dive back into the water with your hands as you breathe IN, then tilt your head up, make a blowhole and breathe OUT.

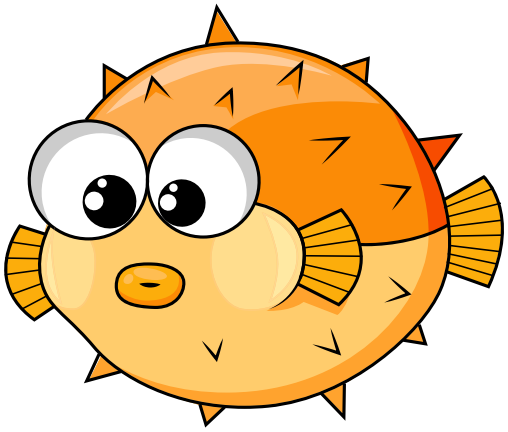
Continue 5 - 10X.

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FISH BREATHING







Fish also live underwater, but they breathe through gills instead of lungs like us.

To breathe like a fish, first sit with a nice tall spine.

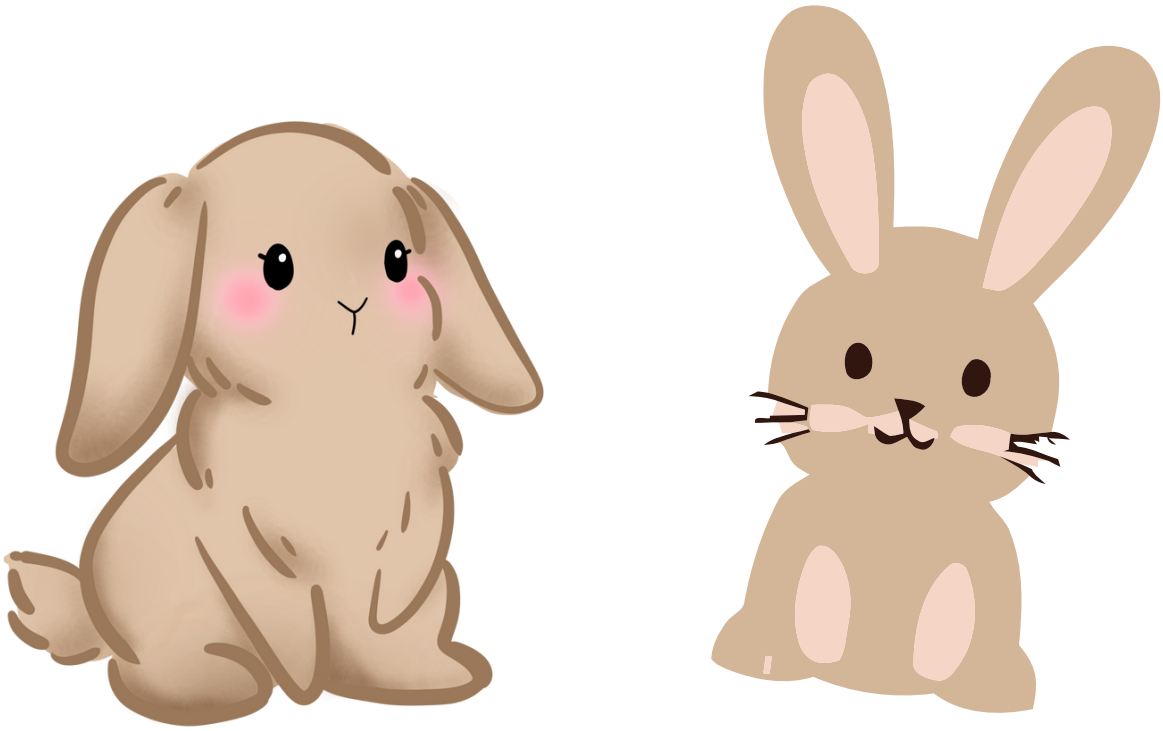
Take a deep breath in through your nose,
Then puff out your cheeks so they fill with air.
"Puuuh" - blow all the air out of your mouth!

Deep breath through your nose.
Expand your cheeks.
Blow all the air of your mouth.
Make sure all the air is out before you take your next breath IN.

Continue 5-10X.

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BUNNY BREATHING



Bunnies actually breathe quite fast, often 30-60 breaths per minute... but we only breath about 12-16 breaths per minute! Plus, if you've ever seen a bunny, they are often sniffing the air with their nose!

Sit nice and tall like a bunny (you can put your hands up in front of your chest if you'd like).

Take 3 quick sniffs in through your nose.
Then, one long exhale out through your mouth.
Repeat 5X.

Moving version - start in a squat & try hopping like a bunny as your sniff IN your breath.

Did you notice... this breathing action also mimcs sobbing or crying... and can help us move through some of our big, intense emotions!





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DRAGON - LION - T.REX BREATHING







Each of these animals has something in common - they know how to RELEASE their BIG emotions!

We can practice a SAFE release of emotions just like them!
This breath can release tension from clenching our jaw or grinding our teeth.

Sit up nice and tall (you can sit criss-cross or on your knees).
Take a big, deep breath IN.
Lean forward as you open your eyes and your mouth WIDE,
stick out your tongue and breathe OUT through your mouth with the sounds of "HAAAA" or "AAAAAA"

You can open up your arms or lean forward with your arms on your knees or on the floor as you breathe out.

Nice big, full breath IN.
Open your eyes, mouth and stick out your tongue then breathe OUT!
Repeat at least 5X.

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CROCODILE BREATHING



You can do this standing or sitting, with a nice tall spine (back).

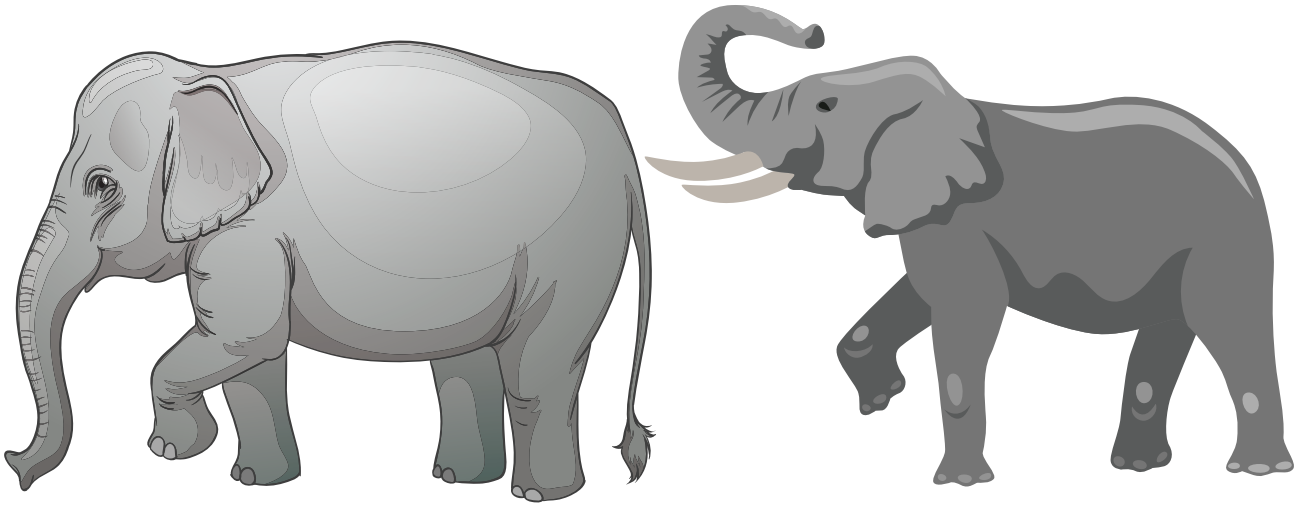
Place your hand together like you are clapping way out in front of your body.
Open your arms out to the side as you breathe IN through your nose.
Close your arms with a clap as you breathe OUT t hrough your nose.
SNAP!
Like the jaws of an incredible croc!

Breathe IN as you open your arms out wide.
Breathe OUT as your snap the cros jaws closed!
SNAP!

Contineu 5-10X.

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ELEPHANT BREATHING



Did you know that elephatns breathe through two nostrils at the end of their trunk?

You can do the elephant breath sitting or standing.

Stand with your feet wide apart and grounded heavy into the earth like an elephant.
Fold your hand together and dangle with your arms down by your feet like the trunk of an elephant.
Breathe IN and lift your arms (trunk) up to the sky.
Breathe OUT as you swing your arms (trunk) back towards the ground.
Continue 3-5X... this is an ENERGIZING breath!

If you'd rather do this breath sitting**.**
Sit nice and tall with your feet firmly planted on the ground.
Fold your hands together like a trunk.
Breathe IN and lift your arms (trunk) up to the sky.
Breathe OUT as you swing your arms (trunk) back down to about the height of your belly button.
Continue for 1 minute.

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BEAR BREATHING



Bears breath VERY slowly.
Most bears only take 6-10 breaths a minute (we usually take 12-20).
And when they hibernate, they might only take one breath every 45 seconds!!
So slowly, in and out through their nose.

Imagine you are a bear, safe and cozy in your winter den.
Get comfortable, and when you are ready you may close your eyes.

Take a big, long breath IN through your nose.
Pause.
Let out a long, slow breath OUT through your nose.

Keep breathing in and out, long slow hibernating bear breaths until you feel calm, safe and cozy like a big, snuggly bear in its winter den.

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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.

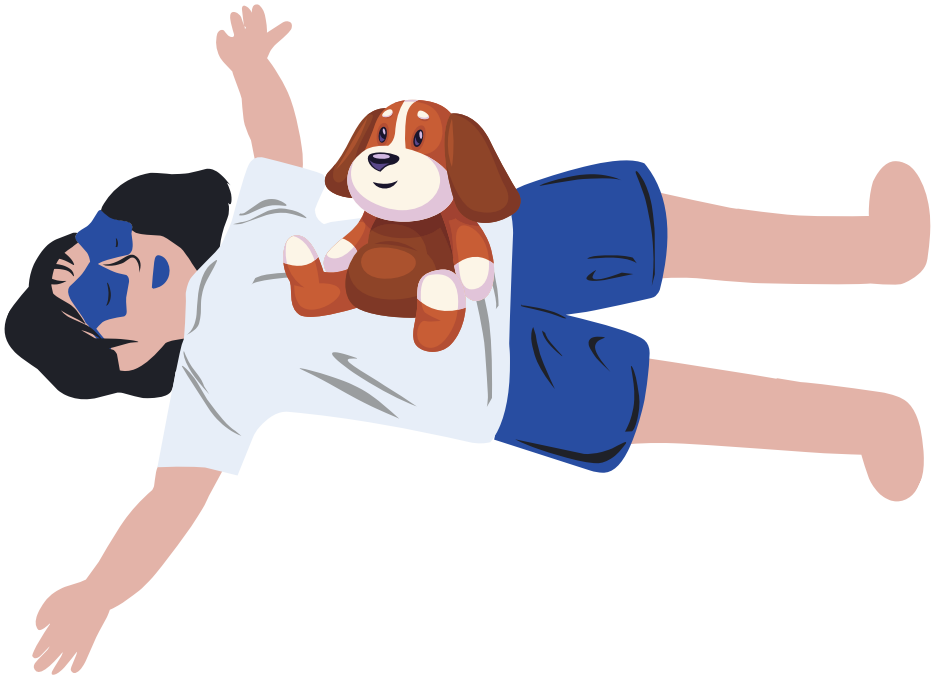


Continue 5-10X.
Happy swinging and breathing monkeys!



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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!

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YOUR OWN ANIMAL BREATHING IDEA

Do you have another **animal inspired** way of breathing?
Something that helps you feel relaxed, comfortable,
safe, more focused or at peace...
YOUR breath is ONE of your SUPER POWERS, and YOU
can find the ways that helps you MOST!

Please share your ideas with me!! I can't wait to learn from you!

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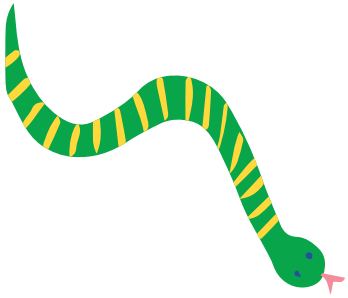
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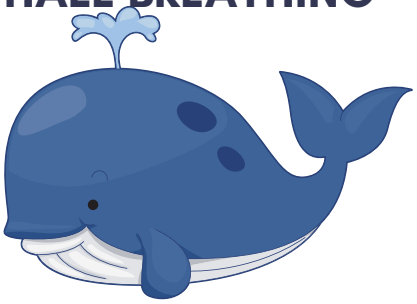
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Make your back tall, with your head over your heart and your heart over your center.

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Tilt your head up and make a blowhole with your hands around your mouth and breathe OUT.

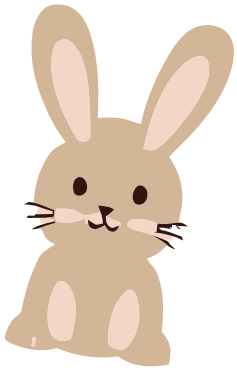
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Moving version - start in a squat & try hopping like a bunny as your sniff IN your breath.

Did you notice... this breathing action also mimcs sobbing or crying... and can help us move through some of our big, intense emotions!





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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.

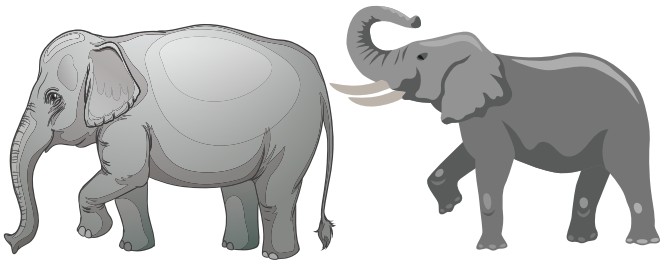


Continue 5-10X.
Happy swinging and breathing monkeys!



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ELEPHANT BREATHING



Did you know that elephatns breathe through two nostrils at the end of their trunk?

You can do the elephant breath sitting or standing.

Stand with your feet wide apart and grounded heavy into the earth like an elephant.
Fold your hand together and dangle with your arms down by your feet like the trunk of an elephant.
Breathe IN and lift your arms (trunk) up to the sky.
Breathe OUT as you swing your arms (trunk) back towards the ground.
Continue 3-5X... this is an ENERGIZING breath!

If you'd rather do this breath sitting.
Sit nice and tall with your feet firmly planted on the ground.
Fold your hands together like a trunk.
Breathe IN and lift your arms (trunk) up to the sky.
Breathe OUT as you swing your arms (trunk) back down to about the height of your belly button.
Continue for 1 minute.

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BEAR BREATHING



Bears breath VERY slowly.
Most bears only take 6-10 breaths a minute (we usually take 12-20).
And when they hibernate, they might only take one breath every 45 seconds!!
So slowly, in and out through their nose.

Imagine you are a bear, safe and cozy in your winter den.
Get comfortable, and when you are ready you may close your eyes.

Take a big, long breath IN through your nose.
Pause.
Let out a long, slow breath OUT through your nose.

Keep breathing in and out, long slow hibernating bear breaths until you feel calm, safe and cozy like a big, snuggly bear in its winter den.

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CROCODILE BREATHING



You can do this standing or sitting, with a nice tall spine (back).

Place your hand together like you are clapping way out in front of your body.
Open your arms out to the side as you breathe IN through your nose.
Close your arms with a clap as you breathe OUT t hrough your nose.
SNAP!
Like the jaws of an incredible croc!

Breathe IN as you open your arms out wide.
Breathe OUT as your snap the cros jaws closed!
SNAP!

Contineu 5-10X.

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DRAGON - LION - T.REX BREATHING



Each of these animals has something in common - they know how to RELEASE their BIG emotions!

We can practice a SAFE release of emotions just like them!
This breath can release tension from clenching our jaw or grinding our teeth.

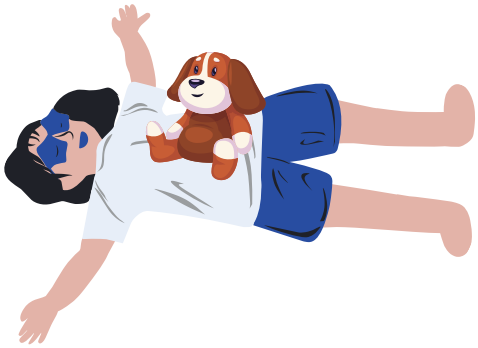
Sit up nice and tall (you can sit criss-cross or on your knees).
Take a big, deep breath IN.
Lean forward as you open your eyes and your mouth WIDE,
stick out your tongue and breathe OUT through your mouth with the sounds of "HAAAA" or "AAAAAA"

You can open up your arms or lean forward with your arms on your knees or on the floor as you breathe out.

Nice big, full breath IN.
Open your eyes, mouth and stick out your tongue then breathe OUT!
Repeat at least 5X.

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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.

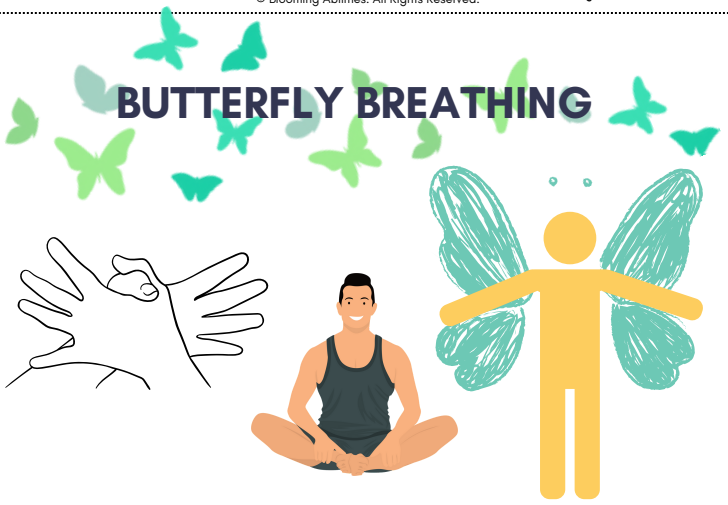
Take a big, deep breath into your belly, your stuffed animal will move up just a little.
Breathe OUT and let all the air out of your tummy and your stuffy will have a little ride down.

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!

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BUTTERFLY BREATHING



We can use our butterfly breathing in THREE different ways!

Hands - interlace your thumbs to make your hands look like wings.
Place your hands against your heart (chest).
Slowly flap the wings (your hands) - breathe IN for two taps and breathe OUT for two taps. Now try breathing in and out for 3 taps, or four or more.

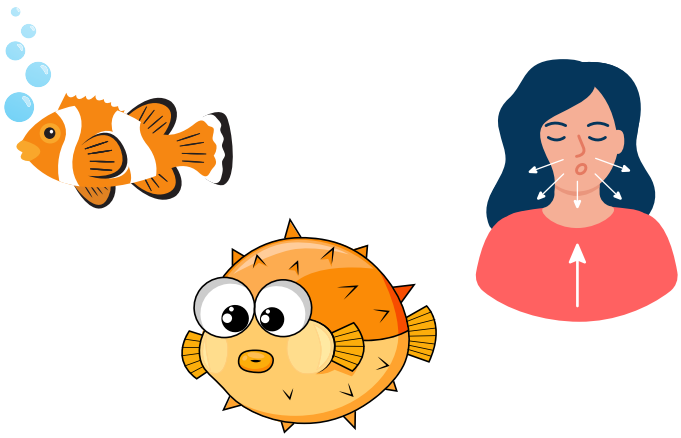
Legs - sitting on the floow, place the bottoms of your feet against each others with your knees out. Gently and slowly move your knees up and down like butterfly wings. Breathe IN for two taps and breathe OUT for two taps. Now try breathing in and out for 3 taps, or four or more.

Arms - Slowly raise and lower your arms like a butterfly fluttering gently on the breeze. Breathe IN as you raise your arms and breathe OUT as you lower your arms.

Which way of butterfly breathing do you like best? Each way might work best in different situations!

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FISH BREATHING



Fish also live underwater, but they breathe through gills instead of lungs like us.

To breathe like a fish, first sit with a nice tall spine.

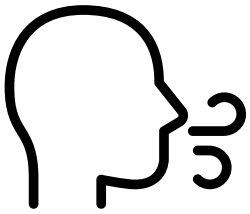
Take a deep breath in through your nose,
Then puff out your cheeks so they fill with air.
"Puuuh" - blow all the air out of your mouth!

Deep breath through your nose.
Expand your cheeks.
Blow all the air of your mouth.
Make sure all the air is out before you take your next breath IN.

Continue 5-10X.

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I Have Tried...



Colour a circle or make a check each time you try a different breathing tool. Which ones will you try again? Which was your favourite?

Name of breathing tool	1	2	3	4	5	6	7
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
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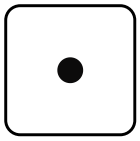
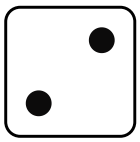
EXPLORE. DISCOVER. GROW.

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ROLL A BREATHING BREAK

Not sure which breathing tool to use?
Roll the dice and use the three breathing activities the dice says.

	1	2	3
	Monkey Breathing	Bear Breathing	Fish Breathing
	Lion Breathing	Stuffy Breathing	Bear Breathing
	Butterfly (legs) Breathing	Snake Breathing	Crocodile Breathing
	Crocodile Breathing	Bee Breathing	Butterfly (hands) Breathing
	T-Rex Breathing	Elephant Breathing	Monkey Breathing
	Whale Breathing	Butterfly (arms) Breathing	Bunny Breathing

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Every moment is a fresh beginning.

T.S. ELIOT

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Meet Heidi Garcia



About Me

Hi! I'm Heidi Garcia (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 parents in super practical ways, on their journey to explore, discover and grow together and empower them to live to their fullest potential!

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Blog
bloomingabilities.com/blog

Explore more & ways to work with Heidi...

Webinars

Support for ***Sensory Processing*** Differences
Ride the Waves of ***BIG Emotions***

Printing & Cursive

Video Series created for KIDS!!
Let's Make Writing Easier!!
Let's Learn Cursive!

WISE Collective

Incredible growing collection of videos & practical resources for kids and their adults

NOTE: A limited number of parent or child Occupational therapy sessions focused on coaching support are available. Please inquire for more details.

My Interests

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

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