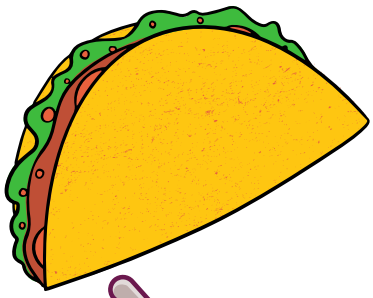
BREATHING

Like Food















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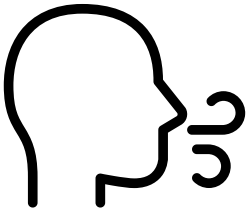
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YOUR SUPERPOWERS

BREATH



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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

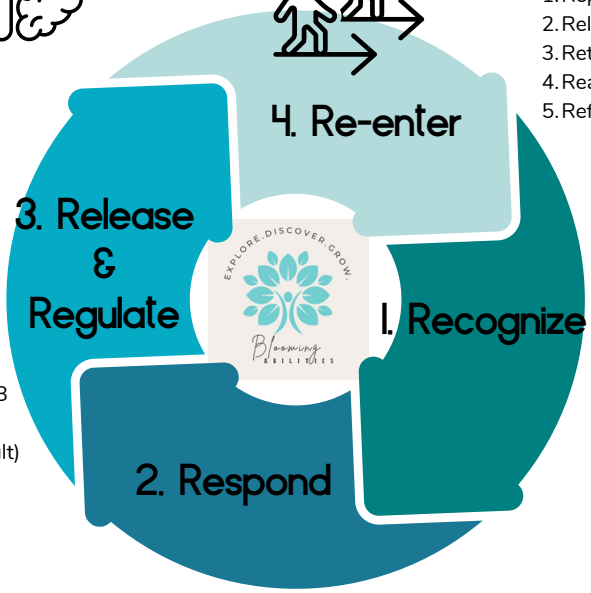
4 R's of Emotional Explorers











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!

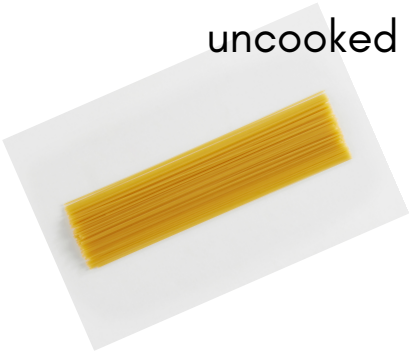
1. Print and place in a binder in your living room. It can be available to flip through anytime... without pressure:)
2. Post one on the fridge.
3. Post one on your child's door.
4. Post one in the entry.
5. Post one in the bathroom.
6. Keep some of the cards in your bag for outings.
7. Print cards and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

You can do noodle (or pasta or spaghetti or ramen - pick your favourite) breathing sitting up, or lying down. Choose a comfortable position. Take a BIG breath in and make all of your muscles tight and rigid like hard, uncooked noodles.





Then take a LONG, SLOW breath out as you relax all your muscles so they are limp, and soft, and relaxed just like cooked noodles! You can even wiggle your body a little like warm, soft, cooked noodles. Keep going until you feel ready to go back into the world with flexibility & ease!



BONUS: Listen along to the "Noodle Body" breathing... where we make one body part at a time like a cooked noodle!

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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.

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TACO BREATHING

aka Hot & Cold Breathing







If you can make your tongue curl like a taco and breathe IN.
Feel the cold air coming in.

If you are not able to form your tongue like a toco, just place your tongue close to your bottom lip, with your mouth open slightly like you are sipping in the cool air as you breathe in.
Close your lips. You may gulp (swallow) ...
Many tacos are hot & spicy!
We are going to breathe OUT hot air.

Make a "HA" noise out of your mouth as you breathe out.
You can place your hand in front of your mouth to feel the hot air.

Breathe in /sip cool air (taco).
Breathe out hot (HA).

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BANANA BREATHING





When you feel like a monkey and super duper silly,
but it is time to focus.
Try banana breathing.

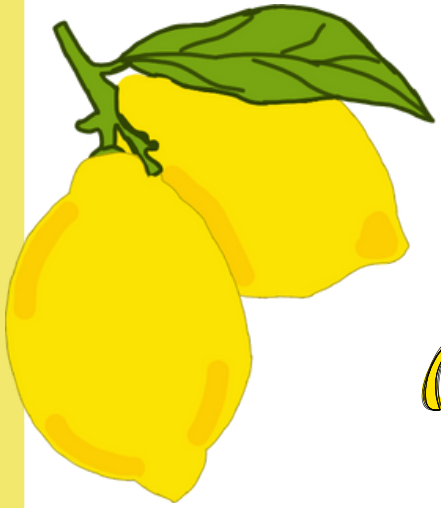
Trace the banana a few times.. Breathe IN, Breathe OUT

OR

Raise your hands over head as you breathe IN to make your body into a banana.
Breathe OUT and slowly lower your arms as you "unpeel" the banana!
Repeat peel, unpeel. You can even unpeel one side (one arm) at a time.
Breathe in, breathe out.

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LEMONS TO LEMONADE BREATHING





Sometimes life can feel super frustrating and disappointing when things go differently than we expected. It can feel REALLY big!
When things feel really BIG... that's a good time to use our breath!

Have you heard the saying, "When life gives your lemons, make lemonade"?
We can use this as inspiration for our breath.

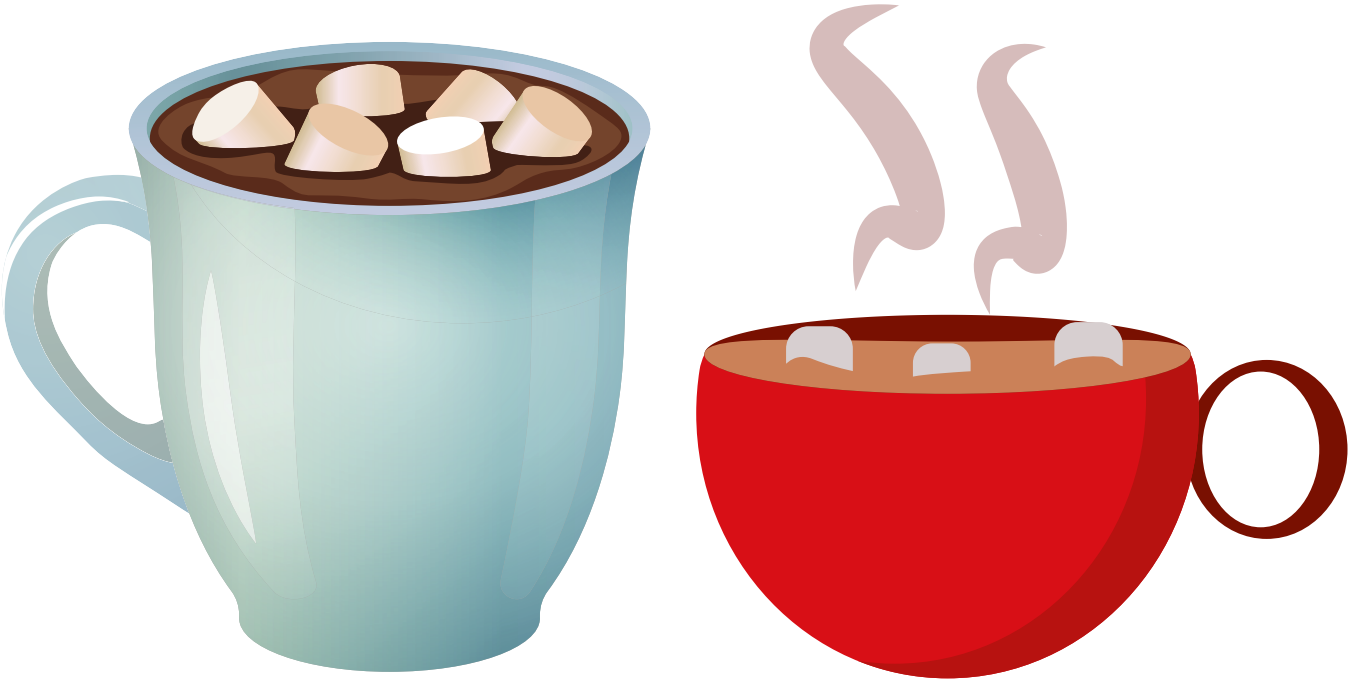
Imagine you are holding a lemon in each hand.
Breathe IN for 3 sconds as you **squeeze** all the delicious juice out of the lemons with all your might (squeeze your fists) to squeeze out all the juice! PAUSE.
Breathe OUT and let those lemons go.
Imagine getting 2 more lemons... breathe IN for 3 seconds as you squeeze. Pause.
Breathe OUT and let them go.

Repeat until you have squeezed enough to feel like you are cool & calm like a refreshing glass of lemonade!

PS - Here's a fun song I love about making lemons into lemonade by *The Boy Least Likely to* (also in the Peter Rabbit movie)
https://open.spotify.com/track/5XuSbEObjNARmbdn11bAgN?si=aaccf24fb93e47f7

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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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CANDLE BREATHING



Do you ever have candles on a birthday cake?

Put out your fingers like birthday candles...

Gently blow our ONE candle at a time.
Take a deep breathe IN between each candle.

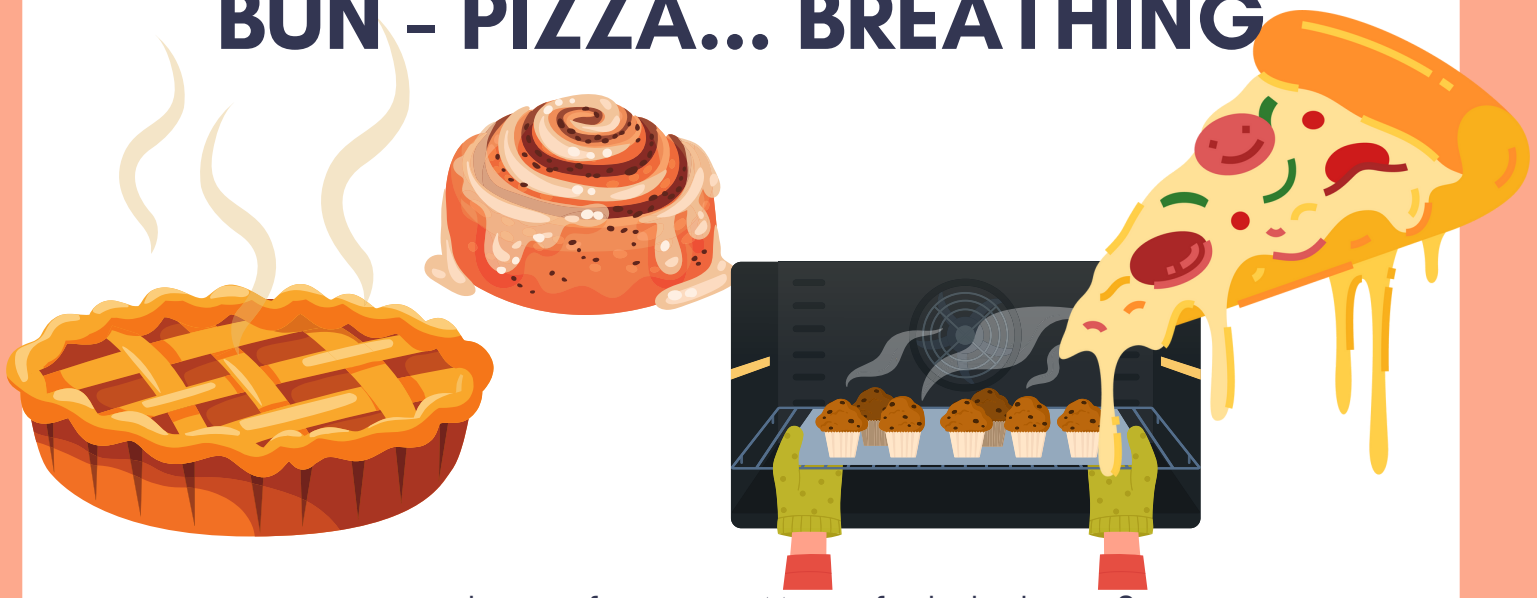
Please don't blow too hard. Birthday candles are usually small and delicate.

If you would like a challenge, try to move your hand and blow out all 5 candles (the tops of your fingers) with one breath. You could even try both hands.

After you have finished blowing out the candles a few times, curl the corners of your lips in a small smile and enjoy the next part of your day!

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FRESH BAKED GOODS... PIE - COOKIES - CINNAMON BUN - PIZZA... BREATHING



Do you have a favourite SMELL of a baked treat?

One of my favourites is freshly baked cinnamon buns!
Imagine you can smell one of your favourite, delicious treats being baked!

Take a LONG, SLOW, DEEP breath IN!
Yum! It smells amazing.

Slowly breathe OUT.
If you'd like, you can try making a sounds like "Mmmmm" or "Hmmm" as you breathe OUT.

Breathe IN, the delicious smell.
Breathe OUT, with a satisfied sigh, OR if you imagine it is out of the oven - blow to cool it off so it is ready to eat!
Continue as you imagine the treat is almost ready!

Breathing and thinking about happy memories, favourite smells or foods can help our body feel more relaxed, happy and calm.

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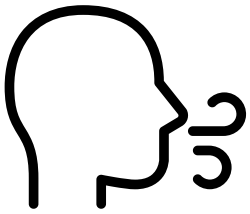
YOUR OWN FOOD BREATHING IDEA

Do you have another **food inspired** way of breathing? 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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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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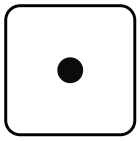
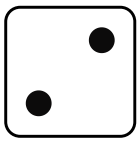
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ROLL A BREATHING BREAK

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

	1	2	3
			
			
			
			
			
			

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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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