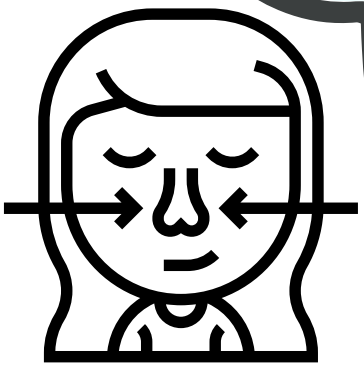


BREATHING

With Your Body

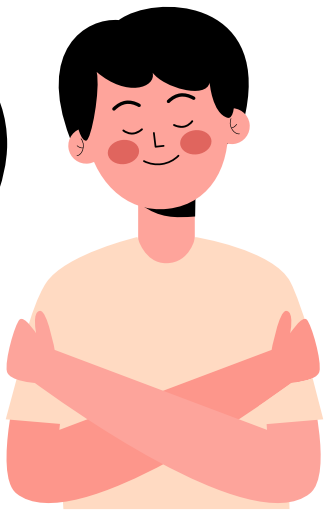












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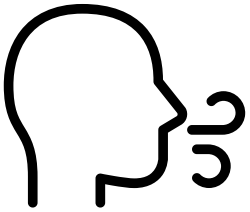
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YOUR SUPERPOWERS

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

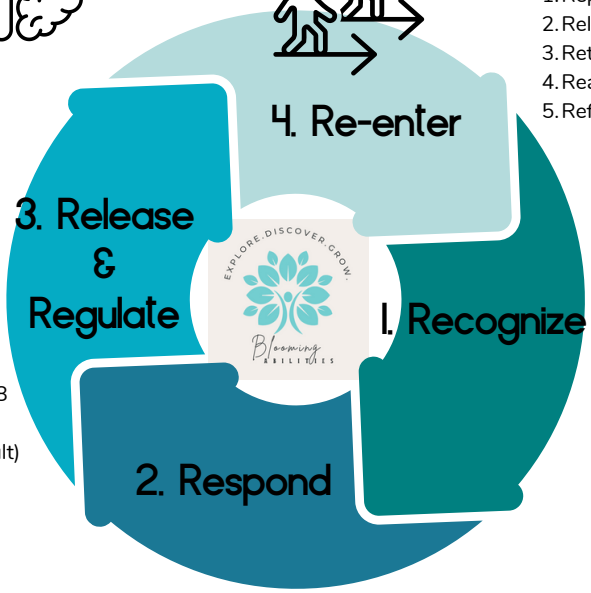
4 R's of Emotional Explorers











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

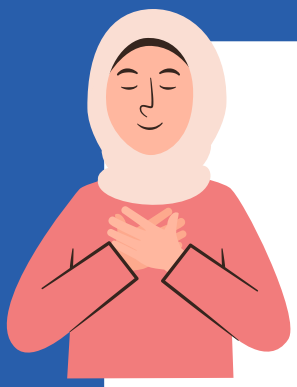
Take some BIG breaths and have fun!

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

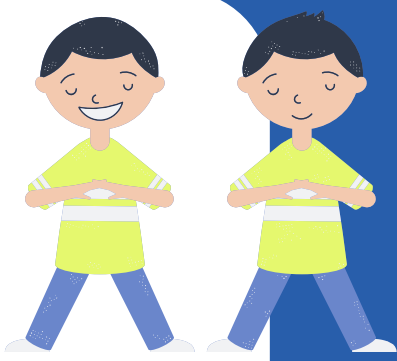
1. Print and place in a binder in your living room. It can be available to flip through anytime... without pressure:)
2. Post one on the fridge.
3. Post one on your child's door.
4. Post one in the entry.
5. Post one in the bathroom.
6. Keep some of the cards in your bag for outings.
7. Print cards and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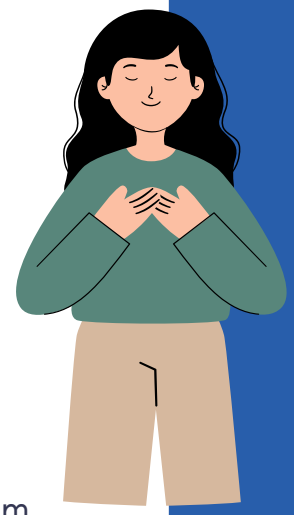


INTRODUCTION to BREATHING WITH your BODY



Just lilke our breath is always with us, our body is always with us TOO!

Explore the ways of using your body to breathe.
You can be still, or move while you breathe.
You can fill different parts of your body with breath.



Explore WHERE you will put the booklet...
in a binder? in your room? in the family room? in the car?
OR pick your favourites and maybe you want to post them...
on your fridge? in your room? on your door? in the entry?

Explore how many times you breathe and how deeply or slowly.
Slower and deeper breaths are more calming for our nervous system.
You can experiment and see what feels best for YOU and YOUR body!

Explore WHEN you will practice. Pick one or two times EVERY day, to practice breathing with your body...
Maybe after you eat breakfast, while your are lying in bed, or before you start homework or screentime.
It takes practice to harness our superpowers!



You will **discover** which way works best for you!
You will **discover** which wyas of breathing are your favourite!
You will **discover** how to have fun breathing with your body!

FIRST, we want to practice when we feel happy, safe and calm.
THEN, our superpowers will **grow** and be ready to use when our emotions feel bigger, bolder and stronger... and our super breath can bring us back to a place of safety and calm!

Ready? Let's get started on this journey together!

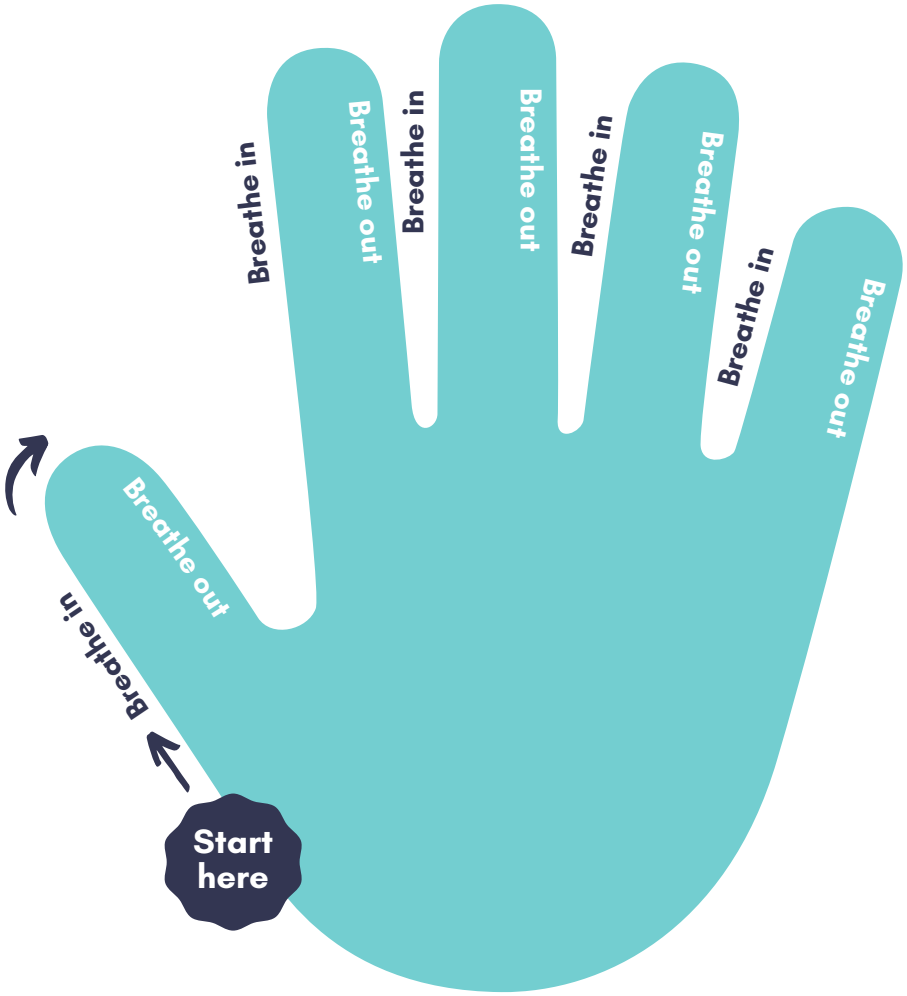
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USING

5 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.

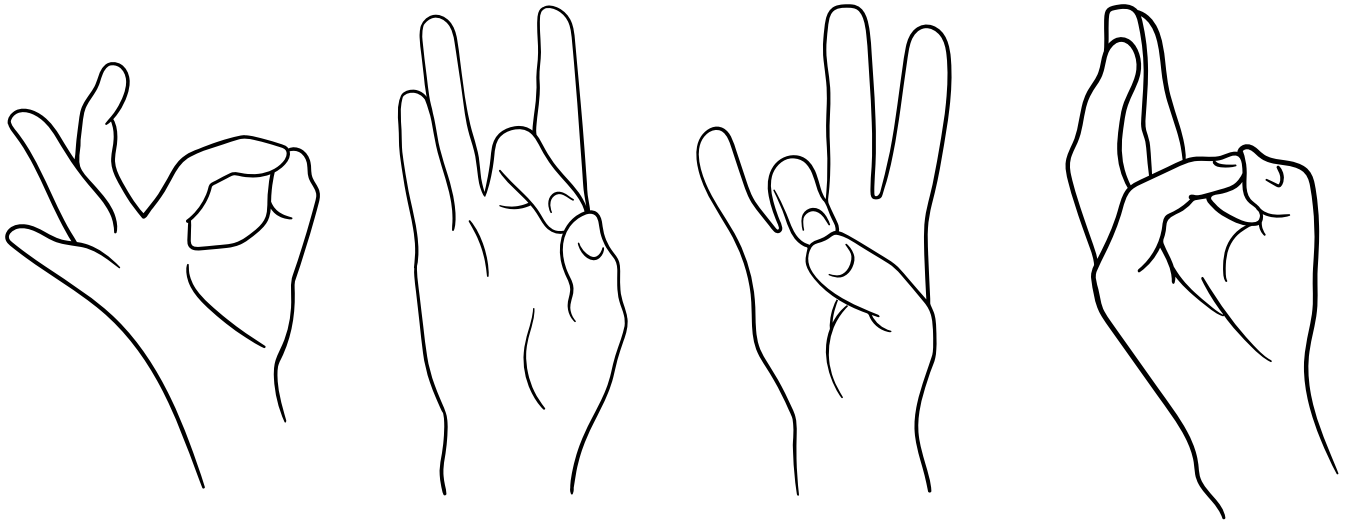
OR

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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FINGER TAP BREATHING

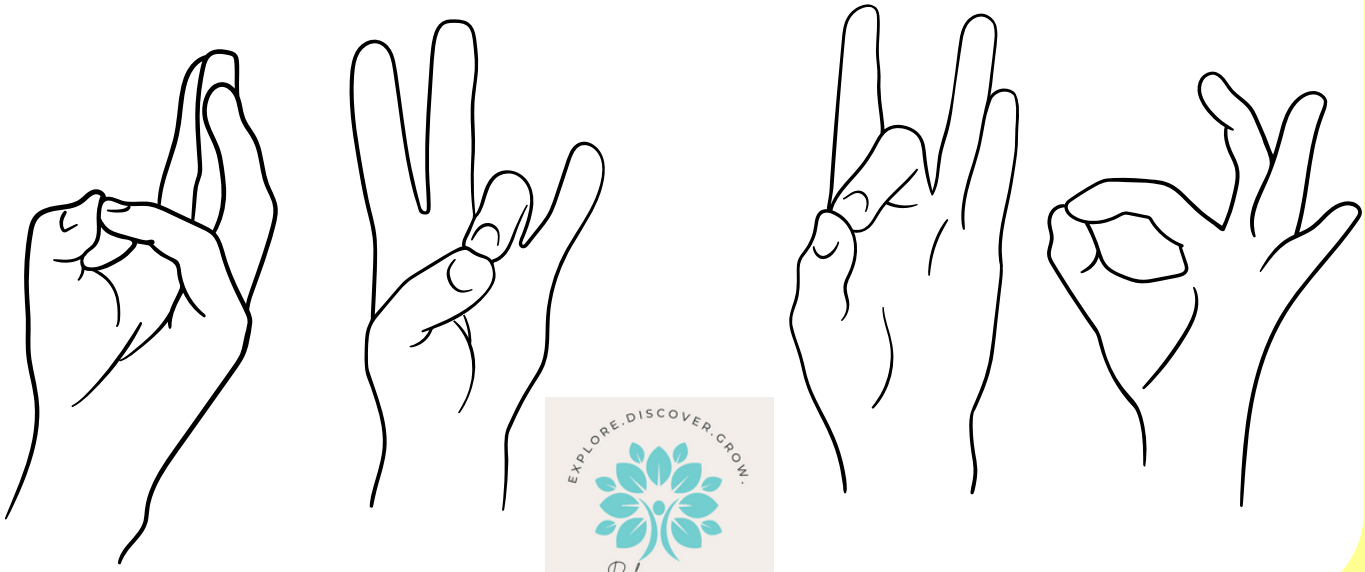


Rest your hands gently in your lap.
Slowly touch your thumb to your pointer finger,
middle finger, index finger, then pinkie (baby) finger.

You can listen to a song as you tap, and touch your thumb to each beat.

For example - Sa Ta Na Ma (Mirabai Ceiba)
https://open.spotify.com/track/3DItoL6RaYg6ztwBKqldCO?si=d023a46581184aae

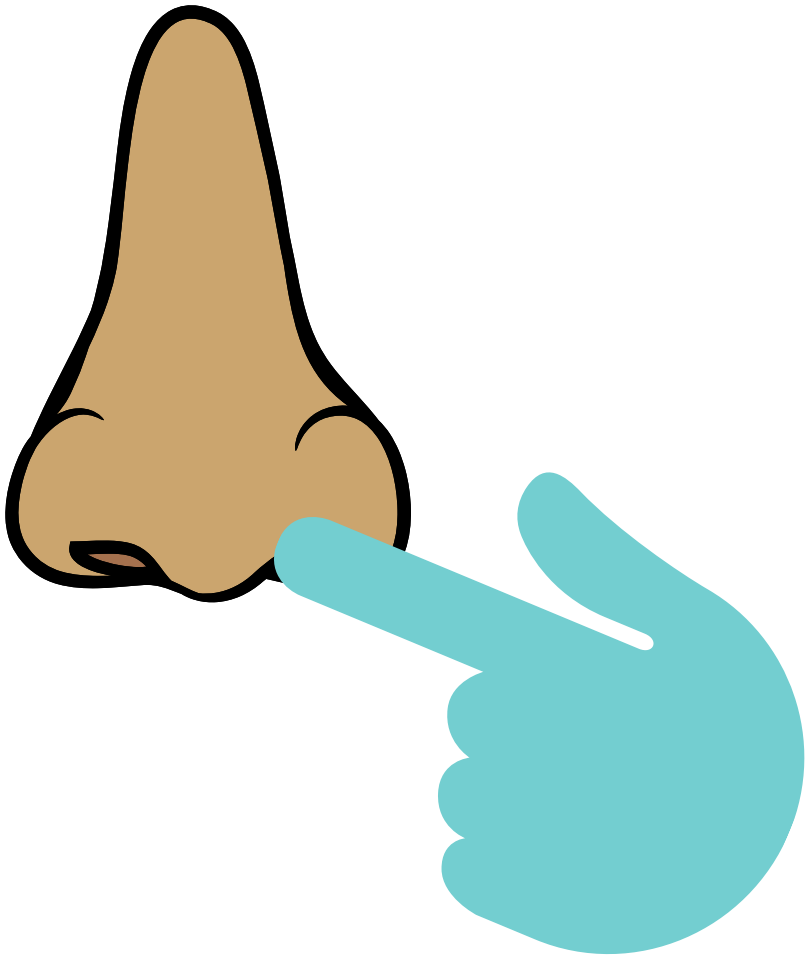
You can say any four word short phrase in your mind or outloud such as:
Peace Begins with Me
Breathing Is My Superpower
I Can Do This

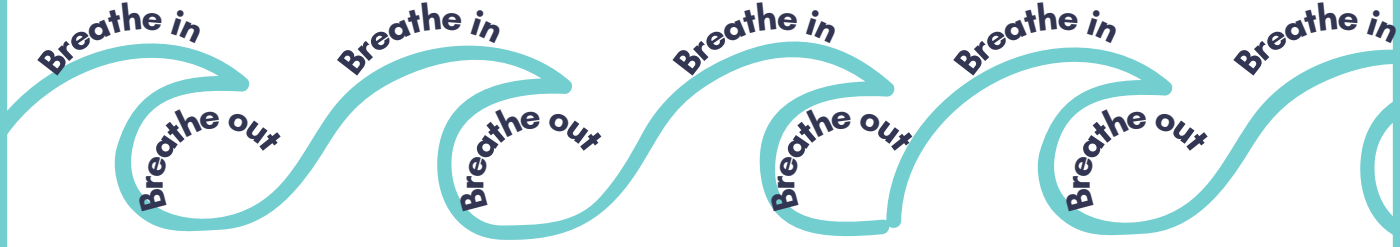


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USING

ONE - NOSTRIL BREATHING



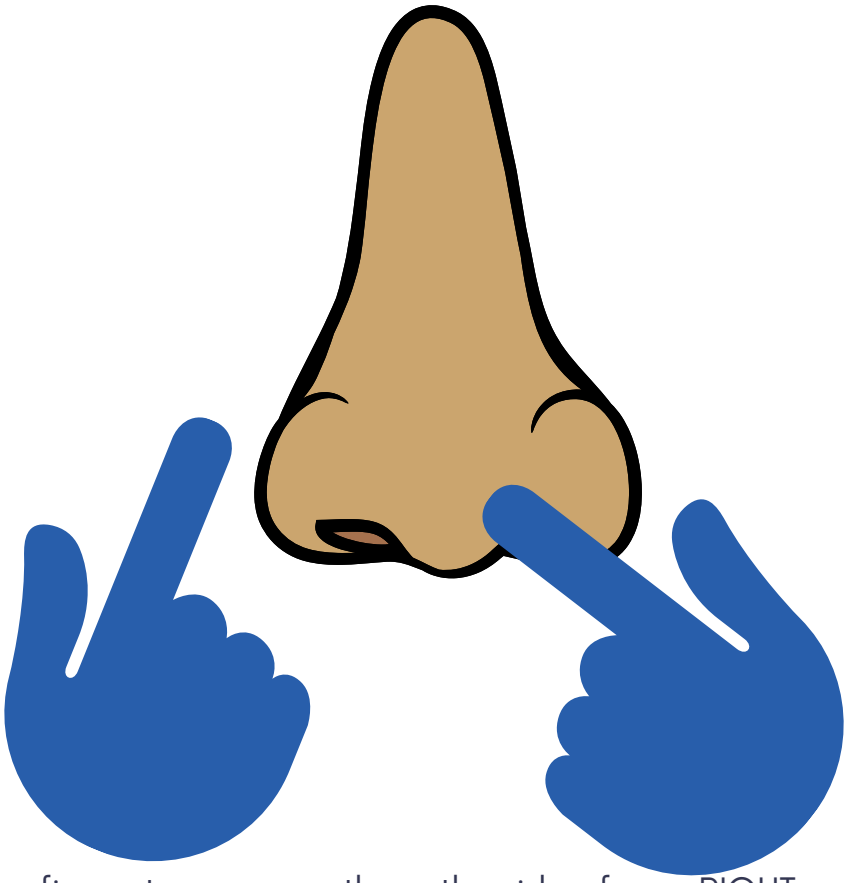


Use your pointer finger to press gently on the side of your RIGHT nostril (the hole in your nose). Slowly breathe in. Slowly breathe out.
You can close your eyes if you feel comfortable.
Take 10 breaths slowly in AND out.

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USING

ALTERNATE NOSTRIL BREATHING



Use your pointer finger to press gently on the side of your RIGHT nostril (the hole in your nose). Slowly breathe in.
Lift your right finger and press the other pointer finger to close your LEFT nostril. Slowly breathe out. Leave your finger where it is and breathe in.

Lift your left finger and press the other pointer finger to close your RIGHT nostril. Slowly breathe out. Leave your finger closing the RIGHT nostril and breathe in.

Continue. Press LEFT nostril. Breathe out. Breathe in.
Close RIGHT nostril. Breathe out. Breathe in.
This is a very balancing and regulating breath!!
You can close your eyes if you feel comfortable. Take at least 10 breaths slowly in AND out.

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HEART & BELLY BREATHING



Get yourself into a comfortable sitting position.
Gently close your eyes, or relax your gaze as you look into a spot just in front of you.

There are THREE variations to heart & belly breathing. You can try them all and see which you like best.

1. Place one hand on your heart, and one hand on your tummy. Slowly breathe into your belly and your heart - feel them expand. Then slowly breathe out.
2. Place both hands on your heart. Slowly breathe in and out. Feel the steady beat of your heart as you breathe.
3. Place both hand on your belly and slowly breathe in and out. Feel your tummy get bigger when you breathe in, and go in when you breathe out.

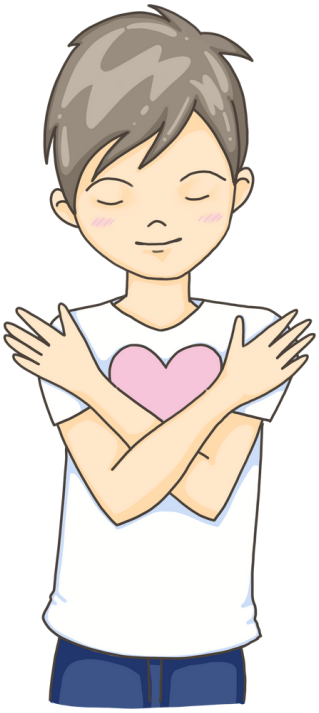


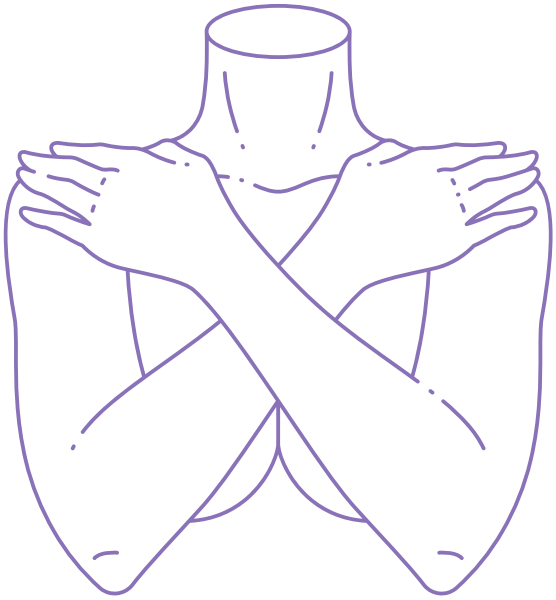


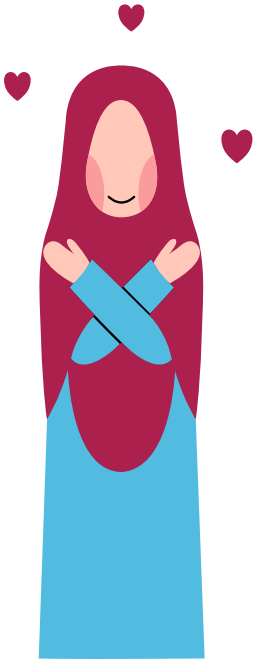
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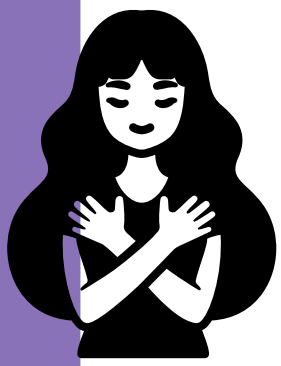
USING

SHOULDER TAP BREATHING





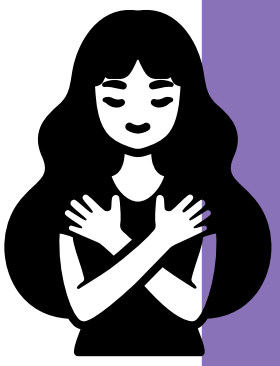




Place your hands on opposite shoulders (like above).

Slowly lift one hand as you breathe IN.
Tap your shoulder as you breathe OUT and lift the other hand.

Slowly switch back and forth,
Breathing IN - lift one, tap the other.
Breathing OUT - lift one, tap the other.



OR

Lift and tap one hand at a time. You can also use a metronome to tap to a steady beat - slow and steady is MOST calming to your body & brain!

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USING

HUG/SQUEEZE & BREATHE







Hold your shoulders with opposite hands. like you are giving yourself a hug.

As you breathe IN - squeeze your shoulders (and lift).

Breathe OUT with a sigh (if you like), and relax your jaw, and bring your shoulders down.



Continue slowly breathing in - squeeze.
Breathing out - release and relax.



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BREATHE INTO ALL PARTS OF YOU!



Get yourself into a comfortable position - either laying on your back or sitting comfortably...
Gently close your eyes, or relax your gaze as you look into a spot just in front of you.

As you breathe in, imagine you breathe all the air into your **toes**. Breathe out.
Breathe in and imagine the air going through your **legs.** Breathe out.
Breathe in and imagine the air filling your **hips**. Breathe out.
Breathe in and imagine the air filling your **tummy & back**. Breathe out.
Breathe in and imagine the air filling your **chest & shoulders**. Breathe out.
Breathe in and imagine the air filling your **arms**. Breathe out.
Breathe in and imagine the air filling your **hands**. Breathe out.
Breathe in and imagine the air filling your **face & your whole head**. Breathe out.
Breathe in and imagine the air filling your **ENTIRE BODY**. Breathe out.
Rest and enjoy the breath flowing in and around your ENTIRE BODY.
Slowly begin to wiggle, open your eyes and enjoy feeling relaxed.

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SHOULDER ROLL BREATHING



Get yourself into a comfortable position - sitting or standing with a tall, straight back.

You can place your hands on top of your shoulders.
Breathe IN and move your shoulders UP and BACKWARDS.
Breathe OUT and move your shoulders DOWN and FORWARDS.
Keep breathing and rolling your shoulders 5 more times.
Move nice and slow, let go of worries & tension that your shoulders can hold onto!

Then pause and swicth directions.
Breathe IN and move your shoulders FORWARD and DOWN.
Breathe OUT and move your shoulders BACK and UP.
Continue 5 more times.

Ahh... wiggle a little when you are finished! Nice work!
NOTE: You can also do this with your hands at your sides instead of on your shoulders.

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SAFE AIR PUNCHES & BREATHE

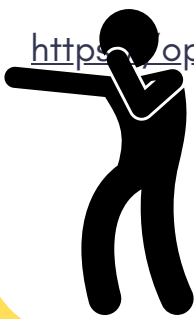




We all sometimes feel BIG and INTENSE emotions.
It is OK to feel all our feelings!
It is NEVER OK to hit or hurt ourself or others, no matterhow big our feelings are!
Sometimes it can be helpful to MOVE our bodies when we breathe to get the BIG emotions to move too!

Let's practice SAFE punching!
Find a space where you have lots of room.
Place your hands in fists near your chest.
When you are ready, start to punch the air. With each punch into the air breathe with a sharp breath out. Can you syncrhonize your breathing and punching?
Slow down if you need.
Feel all those mad, frustrated and worried feelings leave with each punch.

Here's a song you can use (I Like To Move IT) - punch to the beat, or double time!
https://open.spotify.com/track/4bAFo6r2ODMDoqM5YHV2gM?si=f551a998c7fc467a
OR Mangala Charan -
https://open.spotify.com/track/6kGtUbUySTY16WYMrdV1uc?si=883e01ea0[illegible]4c93





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HEAD HUG BREATH



Sometimes our brain needs a rest!
It does so much thinking... can you give your head, and your brain a hug?

You can also ask a ground up to hold your head as you breathe!

Place the palm of one hand on your forehead.
Place the palm of the other hand at the base of your neck.

As you breathe IN, squeeze very gently like a little hug.
As you breathe OUT, relax your ahnds so they are just resting in position.

Breathe IN with a gentle squeeze.
Breathe OUT and relax.

Continue 5-10X, slow and steady... and feel your brain rest & relax.
It is OK and safe for your brain to rest and let all the thinking thoughts go just for a moment!

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2-BODY BREATHING

aka Partner Breathing OR Buddy Breathing



We can also breathe with a partner.

Option 1: Sit back to back, breathe in and out at the same time.
You can feel the other person's breathing through your backs.
Synchronize the speed and rhythm of your breathing together.

Option 2: Face each other in sitting and hold hands.
Rock back and forth (like row, row, row your boat) rhythmically as you breathe in and out together.

Option 3: Child can sit in a grown-ups lap and together you can both synchronize your breathing slow and steady together.





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YOUR OWN BODY BREATHING IDEA

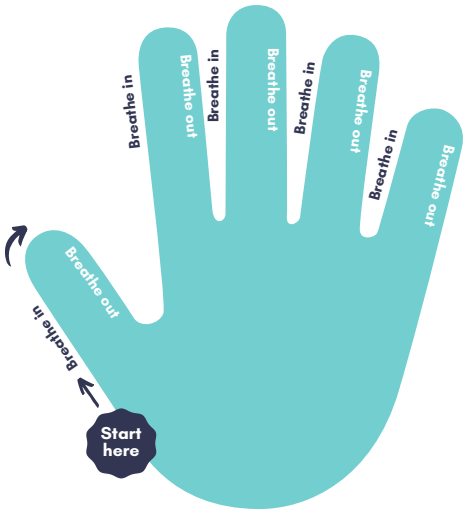
Do you have another idea about how you can use YOUR **body** to breathe?
YOUR breath is ONE of your SUPER POWERS, and YOU can find the ways that helps you MOST!

Please let me know YOUR super cool ideas!

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USING

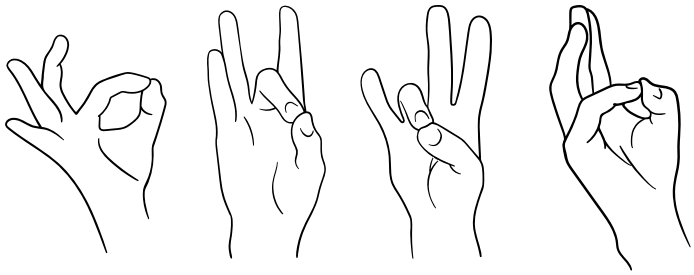
5 FINGER BREATHING



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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FINGER TAP BREATHING

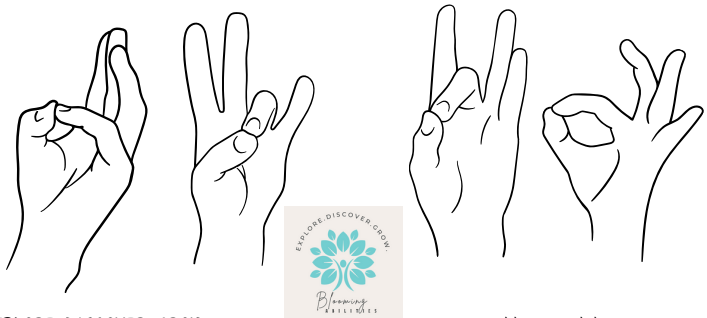


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For example - Sa Ta Na Ma (Mirabai Ceiba)
https://open.spotify.com/track/3DItoL6RaYg6ztwBKqldCO?si=d023a46581184aae

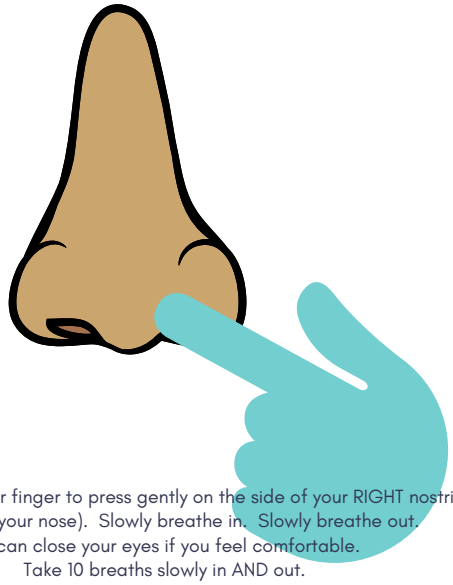
You can say any four word short phrase in your mind or outloud such as:
Peace Begins with Me
Breathing Is My Superpower
I Can Do This



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USING

ONE - NOSTRIL BREATHING



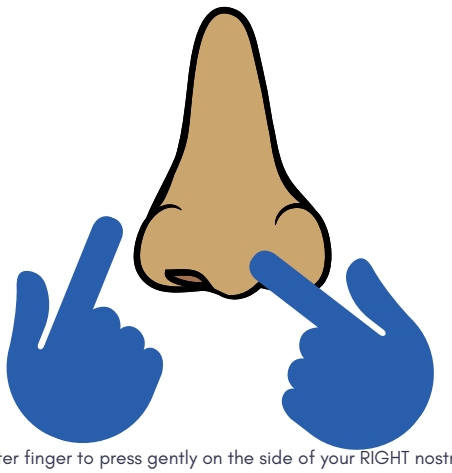
Use your pointer finger to press gently on the side of your RIGHT nostril (the hole in your nose). Slowly breathe in. Slowly breathe out.
You can close your eyes if you feel comfortable.
Take 10 breaths slowly in AND out.



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USING

ALTERNATE NOSTRIL BREATHING



Use your pointer finger to press gently on the side of your RIGHT nostril (the hole in your nose). Slowly breathe in.
Lift your right finger and press the other pointer finger to close your LEFT nostril. Slowly breathe out. Leave your finger where it is and breathe in.

Lift your left finger and press the other pointer finger to close your RIGHT nostril. Slowly breathe out. Leave your finger closing the RIGHT nostril and breathe in.

Continue. Press LEFT nostril. Breathe out. Breathe in.
Close RIGHT nostril. Breathe out. Breathe in.
This is a very balancing and regulating breath!!
You can close your eyes if you feel comfortable. Take at least 10 breaths slowly in AND out.

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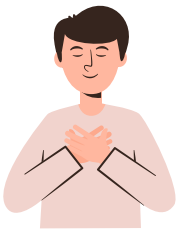
HEART & BELLY BREATHING



Get yourself into a comfortable sitting position.
Gently close your eyes, or relax your gaze as you look into a spot just in front of you.

There are THREE variations to heart & belly breathing. You can try them all and see which you like best.

1. Place one hand on your heart, and one hand on your tummy. Slowly breathe into your belly and your heart - feel them expand. Then slowly breathe out.
2. Place both hands on your heart. Slowly breathe in and out. Feel the steady beat of your heart as you breathe.
3. Place both hand on your belly and slowly breathe in and out. Feel your tummy get bigger when you breathe in, and go in when you breathe out.





USING
HUG/SQUEEZE & BREATHE



Hold your shoulders with opposite hands. like you are giving yourself a hug.

As you breathe IN - squeeze your shoulders (and lift).

Breathe OUT with a sigh (if you like), and relax your jaw, and bring your shoulders down.



Continue slowly breathing in - squeeze.
Breathing out - release and relax.

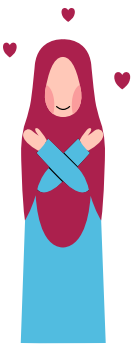


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USING
SHOULDER TAP BREATHING









Place your hands on opposite shoulders (like above).

Slowly lift one hand as you breathe IN.
Tap your shoulder as you breathe OUT and lift the other hand.

Slowly switch back and forth,
Breathing IN - lift one, tap the other.
Breathing OUT - lift one, tap the other.

OR

Lift and tap one hand at a time. You can also use a metronome to tap to a steady beat - slow and steady is MOST calming to your body & brain!



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BREATHE INTO ALL PARTS OF YOU!

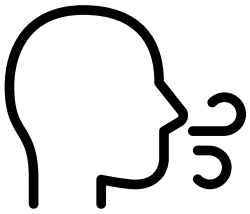


Get yourself into a comfortable position - either laying on your back or sitting comfortably...
Gently close your eyes, or relax your gaze as you look into a spot just in front of you.

As you breathe in, imagine you breathe all the air into your **toes**. Breathe out.
Breathe in and imagine the air going through your **legs.** Breathe out.
Breathe in and imagine the air filling your **hips**. Breathe out.
Breathe in and imagine the air filling your **tummy & back**. Breathe out.
Breathe in and imagine the air filling your **chest & shoulders**. Breathe out.
Breathe in and imagine the air filling your **arms**. Breathe out.
Breathe in and imagine the air filling your **hands**. Breathe out.
Breathe in and imagine the air filling your **face & your whole head**. Breathe out.
Breathe in and imagine the air filling your **ENTIRE BODY**. Breathe out.
Rest and enjoy the breath flowing in and around your ENTIRE BODY.
Slowly begin to wiggle, open your eyes and enjoy feeling relaxed.

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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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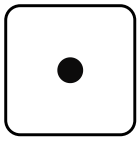
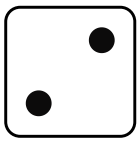
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ROLL A BREATHING BREAK

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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ONLY YOU CAN
FIND YOUR INNER
BALANCE

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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!

Connect with me...

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Facebook
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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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