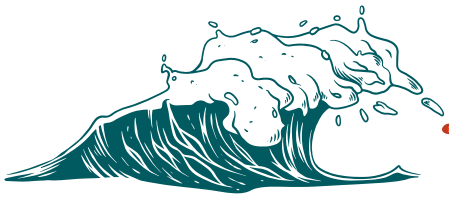
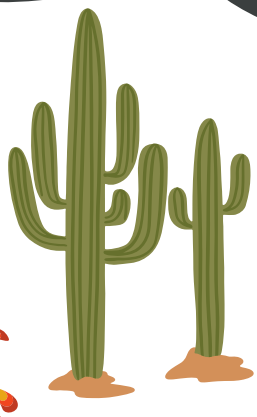
BREATHING

with Nature...
& Movement















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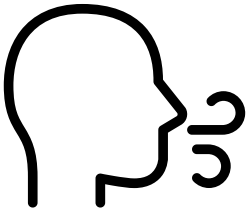
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YOUR SUPERPOWERS

BREATH



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Thank you in advance for your honesty & integrity.

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

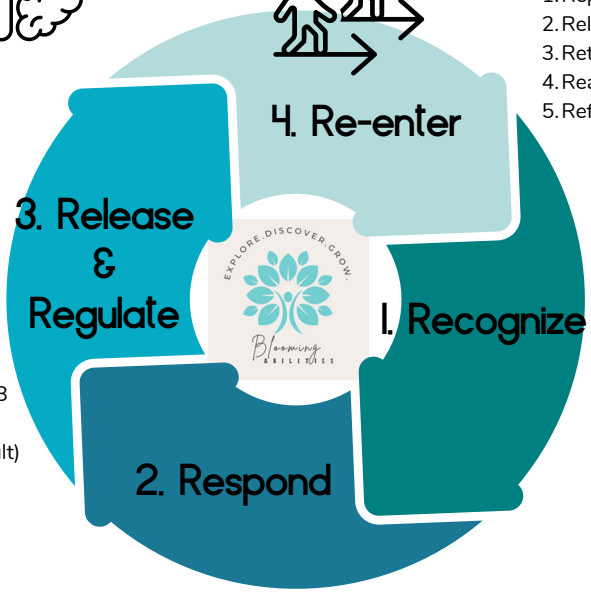
4 R's of Emotional Explorers











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!

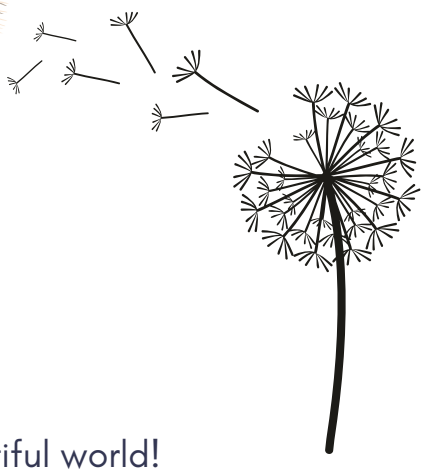
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FLOWER BREATHING









There are some AMAZING flowers in our beautiful world!

Have you ever smelled the deliciously, sweet smell of a rose?
Or had fun blowing the seeds of a dandelion puff?

You can practice flower breathing anytime.
Sit nice and tall and mpretend one of your pointer fingers is a flower.
Sniff in the sweet rose.
Gently blow the dandelion seeds.



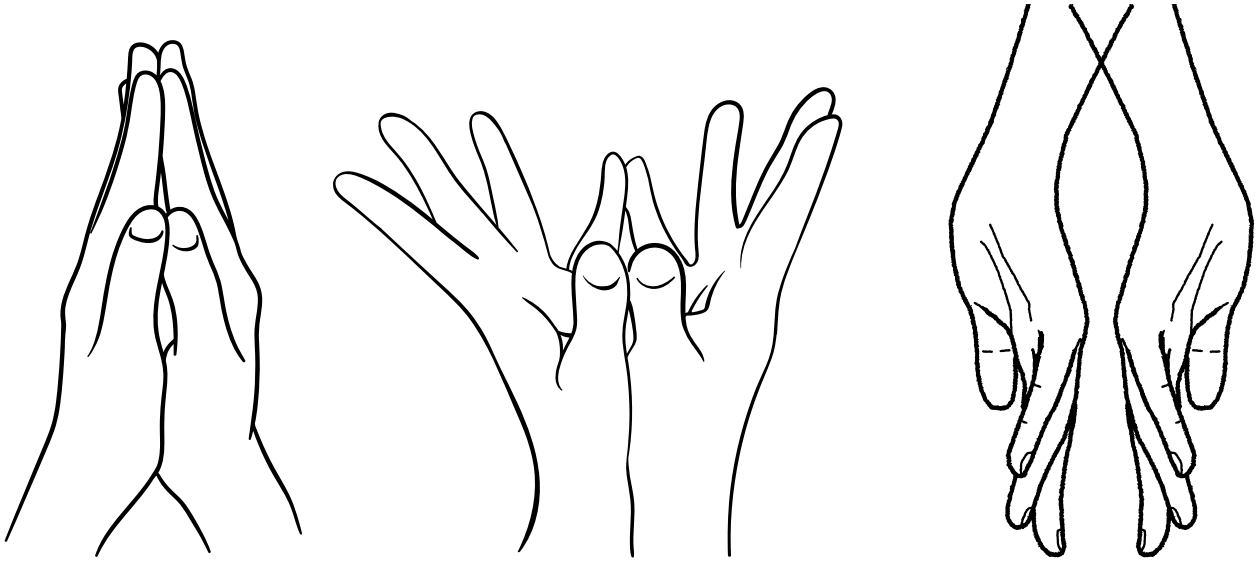
Breathe IN.
Breathe OUT.

Repeat 5-10X.



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LOTUS FLOWER BREATHING



Sitting with legs crossed, with a nice tall back.

Place your hands in prayer position (1) near your belly button.

Breathe IN...Slowly raise your hands up over your head as your fingers open to create a flower shape. (2)

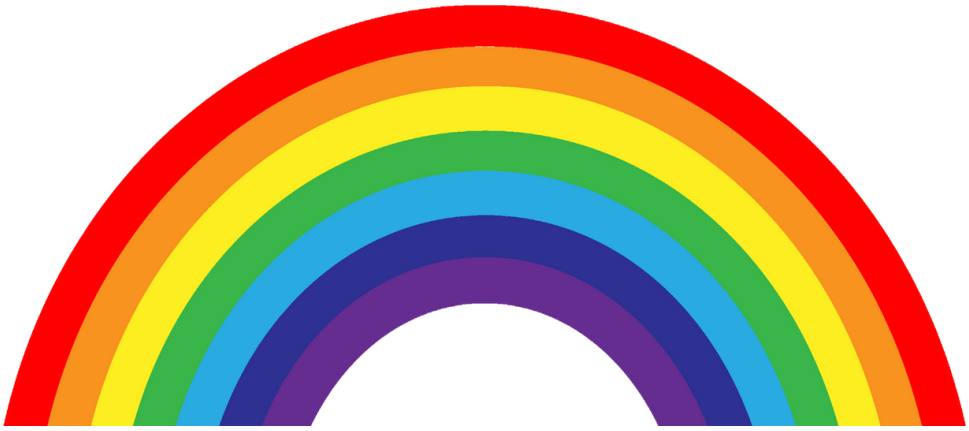
Pause. Flip your hands so the backs touch and dive down as you breathe OUT. (3)

Move your hands back to prayer position, breathe IN and continue.
When you have the hand movements, you can close your eyes and continue.

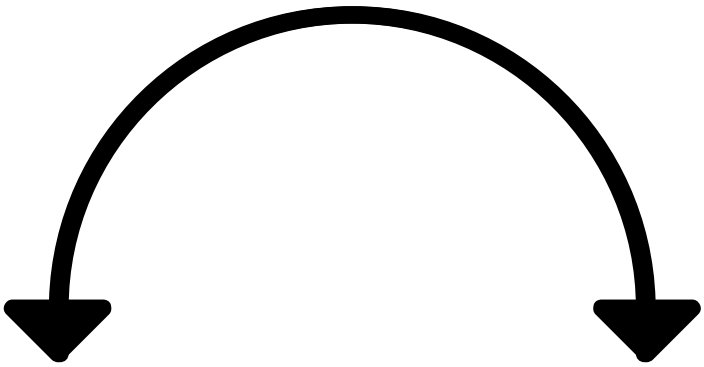
If you'd like some music, try Sa Ray Sa Sa -
https://open.spotify.com/track/3Vs8zfQ9BcOOqXumQnHOBR?si=596a0ebcf0b241c8

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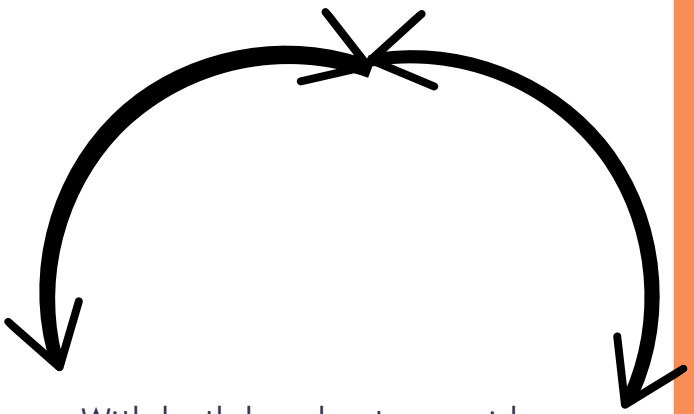
RAINBOW BREATHING



You can do rainbow breathing in many different ways.
One way was is in the shape breathing booklet.



Hands together... start with both hands on the left side of your body.
Breathe IN and raise them in an arc up and over your head to the right side of your body.
Breathe OUT and arc them up and over, back to the left side.
Repeat 7X.

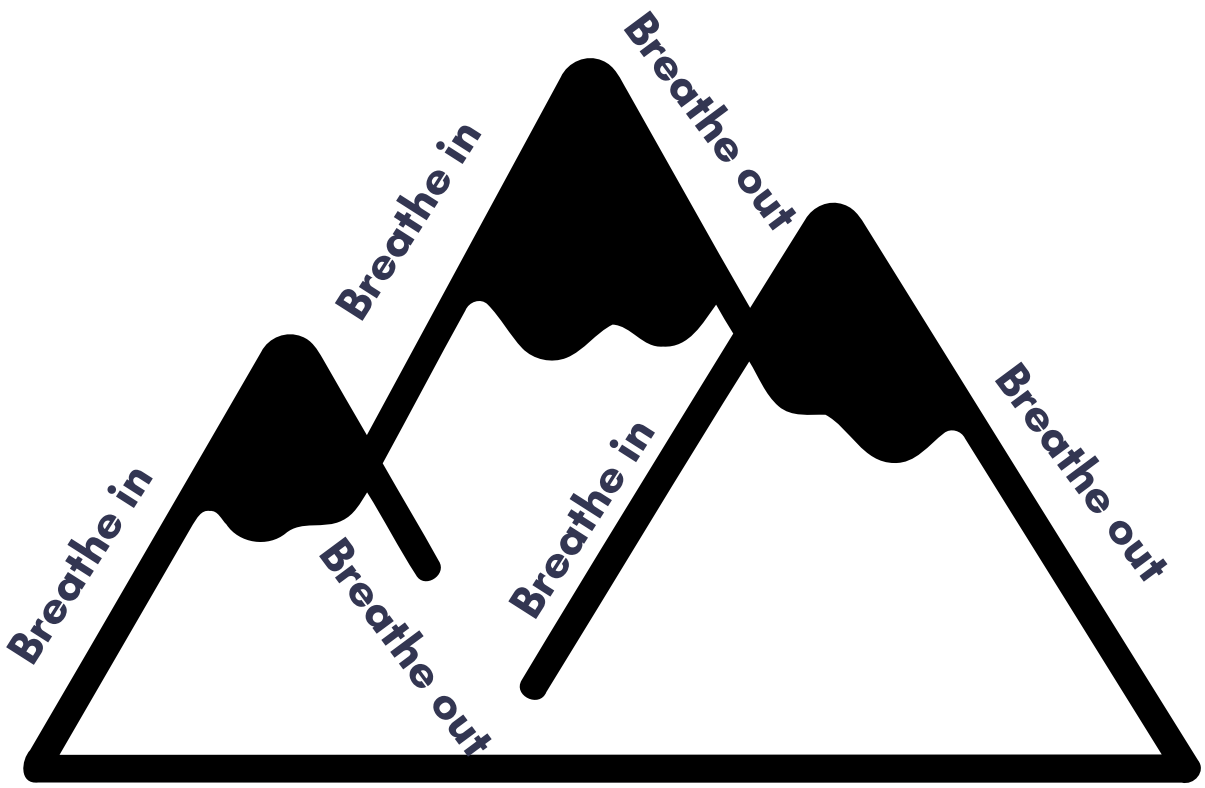


With both hands at your sides, breathe IN and raise your arms up and overhead, in the arc of a rainbow.
Breathe OUT and slowly lower them back to your sides.

Reapet 7X

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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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VOLCANO BREATHING



Volcano breathing can be done sitting or standing, with a tall, straight spine ... it is similar to mountain breathing, can you spot the difference?

Place your hands together in a prauyer position at your heart (in the middle of your chest).

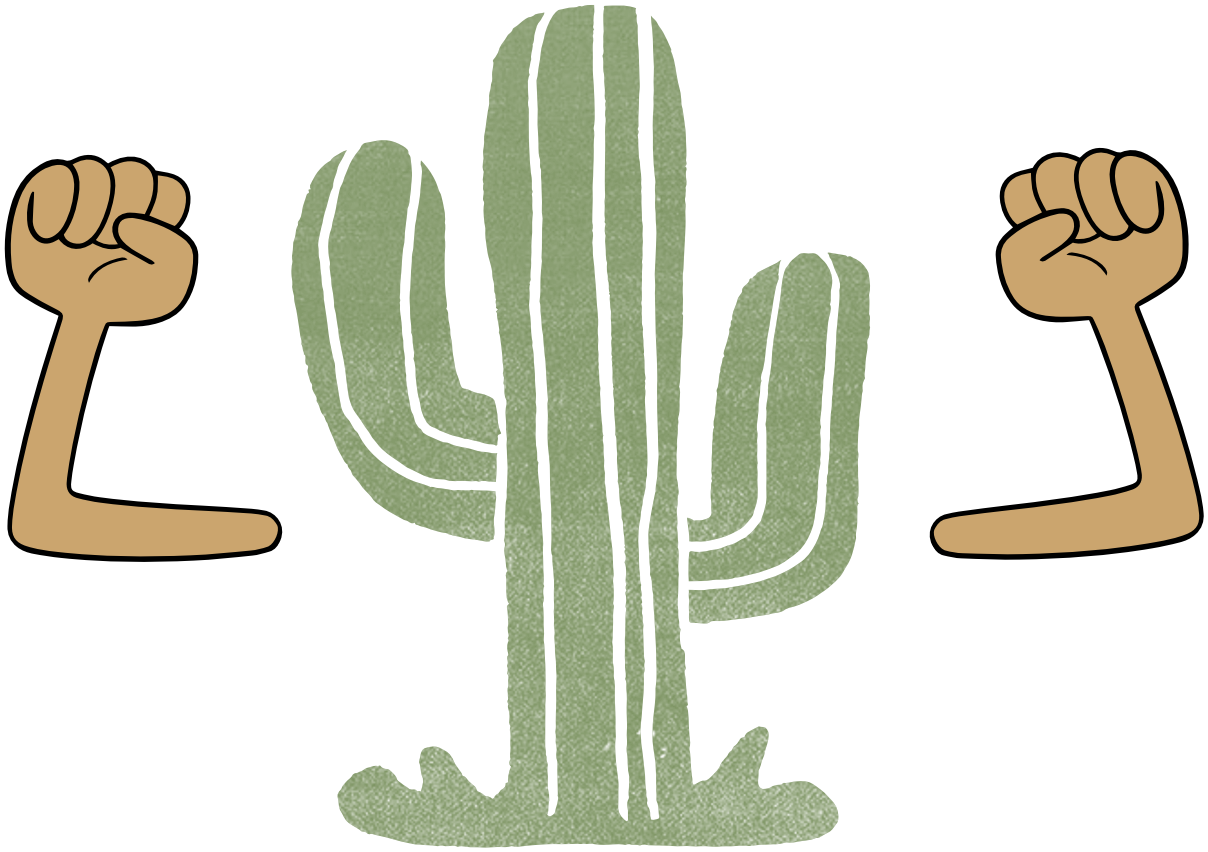
Take a big, deep breath IN and slowly raise your hands togehter over head.

When your hands are over head, push them apart strongly like the volcano exploding as you breathe OUT and slowly lower your arms to the sides of your body.

Bring your hands back to prayer position at your heart.
Repeat 5-10X.

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CACTUS BREATHING



You can do this breath standing or sitting, with a nice tall back like a straight cactus plant.

Bend your arms at 90 degrees with elbows in a straight line with your shoulders. Inhale here.

Breathe OUT (exhale) and bring your hands, forearms and elbows to *almost* meet in front of your body .
Breathe IN open like a standing cactus.
Breathe OUT close in, like the cactus flowers close at night.
Repeat 5-10X.





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SUN BREATHING



You can do this breath standing or sitting, with a nice tall back.

Breathe IN and rasie your arms over head.
As you breathe out 3 "HA-HA-HA", slowly lower your arms like the rays of the sun.

Breathe IN and raise your arms,
Breathe out 3 HA-HA-HA's and lower.

Repeat 5-10X.

NOTE: This is an energizing breathig!





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OCEAN BREATHING



Ocean breathing is sometimes called Ujjayi breathing, and makes the noise of an ocean wave.

It doesn't have to be super loud... sometimes ocean waves are very quiet.

First, simply breathe in through your nose, and breathe OUT through your mouth with a HA - sound and notice the feeling in the back of your throat.

Now, close your mouth and breathe IN and OUT, making the "HA" sound but with your mouth and lips closed. Can you feel your breath sort of swirl at the back of your throat? It may take some practice. Keep trying!

You are breathing sort of from the back of your throat, but it makes a quiet ocean sound because your lips are closed. Listen to the sound. You may want to close your eyes so you can imagine you are beside the ocean... feel the calming!

Your very own special, internal ocean waves - smooth, calm, steady yet strong. Keep breathing in this way for at least one minute and enjoy.

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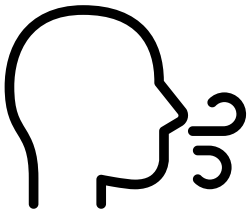
YOUR OWN NATURE BREATHING IDEA

Do you have another **nature inspired** 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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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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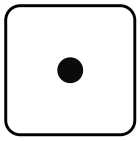
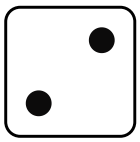
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ROLL A BREATHING BREAK

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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Magic lies in challenging what seems impossible.

— CAROL MOSELEY BRAUN



Keep going. You've got this!

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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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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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