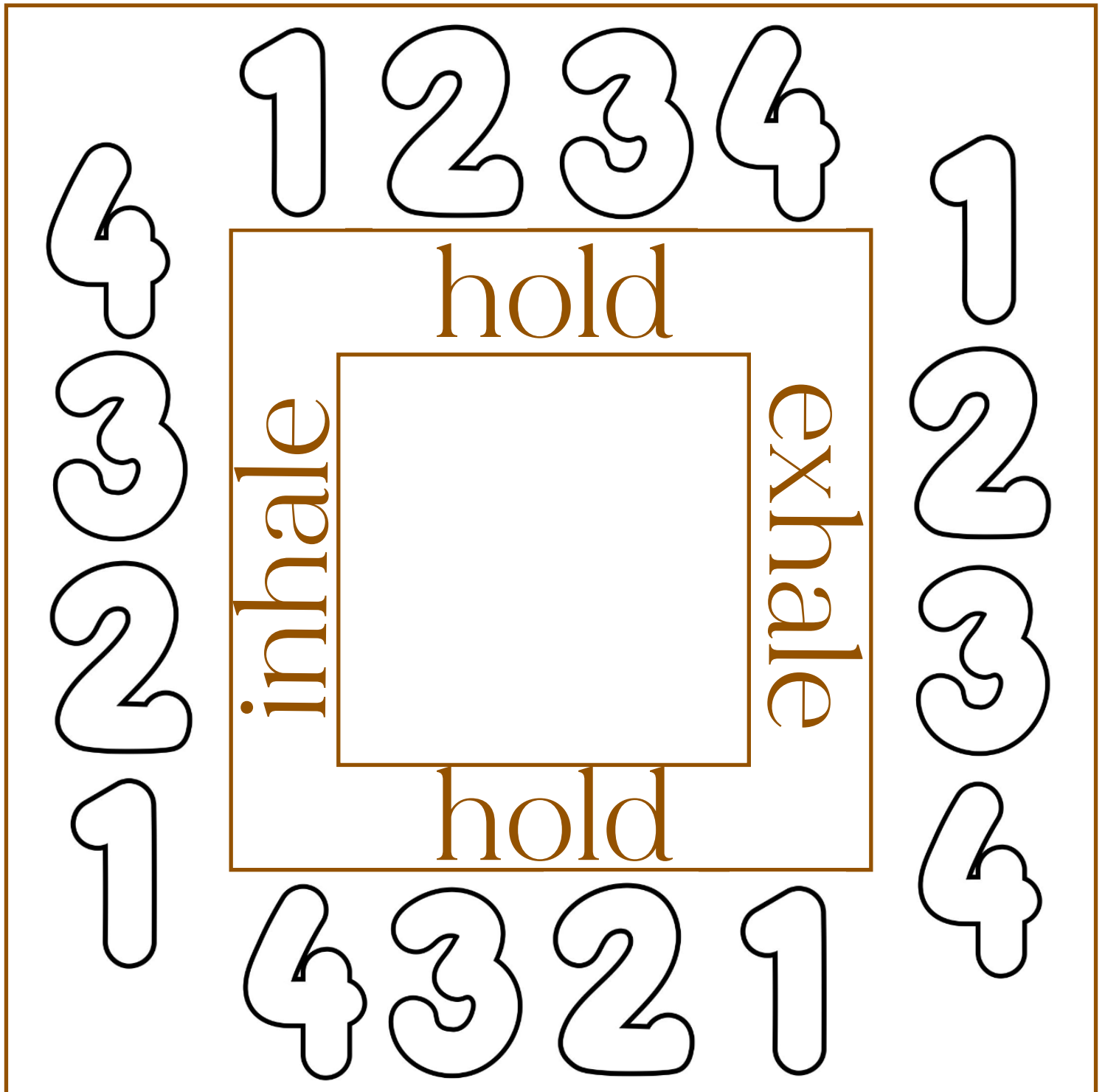


Box Breath

coloring page



Box Breath

teaching pointers

1. inhale for a count of 4
2. hold breath for a count of 4
3. exhale for a count of 4
4. hold breath for a count of 4
5. repeat

- ★ teach when child is calm (when they are upset is NOT a teachable moment)
- ★ make it a fun activity together with your child, print two color pages and color together
- ★ model the breath, tracing the numbers on the color page
- ★ praise all attempts to try the breath!
- ★ model using the breath in real life ex: you are stuck in traffic with you child, you can say “oh this traffic makes me feel frustrated, I’m going to practice my box breath!”

