FREE COLORING PAGE FOR KIDS AGES 6 TO 10

Tully's Balloon Breathing

When you feel worried or upset, your body can feel fast and tight. Tully knows a trick!

This card belongs to:



1. Put your hand on your tummy.
2. Breathe in slowly through your nose. Feel your tummy fill up like a balloon.
3. Breathe out slowly through your mouth, even slower. Let the balloon float away.
4. Do it three times.

How do I feel?

Draw your face before and after three balloon breaths.

Before → After

Note for grown-ups: Slow breathing with a longer breath out is a simple, widely used way to help the body settle. Practice when your child is already calm so the skill is ready when big feelings arrive. Breathe along: children often borrow calm from the adults around them.

This tool supports reflection and self-care. It is not a substitute for professional care.