

Assemble Breathing Sticks for Kids and Teens (and Adults, Too!)

A breathing stick is a tactile, screen-free tool made with a pipe-cleaner and 4 to 6 beads used to pace deep breaths and calm big emotions. It provides a physical way to track breathing cycles, helping kids, teens (and adults!) focus on the present moment and maintain mindfulness. Completed breathing sticks will be accompanied by cards with a short, encouraging message and distributed to schools, organizations, and community groups that work with kids and teens.



Premium Shift Activity: Assemble Breathing Sticks

Each volunteer will assemble breathing sticks following the instructions below:

STEP ONE: Take one of the kit bags:



STEP TWO: Take a pipe-cleaner:



STEP THREE: Make a loop at one end of the along the main shaft of the breathing stick:



STEP FOUR: Thread the beads along the shaft of the breathing stick:



STEP FIVE: At the other end of the breathing stick, make another loop (you can make a heart-shape or other shape if you like) and wrap the end along the main shaft of the breathing stick (make sure you leave enough space on the breathing stick so that the recipient can move the beads from one end of the shaft to the other):



STEP SIX: Place the breathing stick back in the original bag and then place that bag in the large zipper bag with the completed breathing sticks (be sure to leave all adorable dogs outside of the bag!):



Feel free to make multiple multiple breathing sticks – and if you use up all the supplies, please email richard.nacywarner@regeneron.com so we can replenish.

Please note: Don't forget to enter your Regeneron email address and amount of time you worked on this activity on the roster in the activity box.