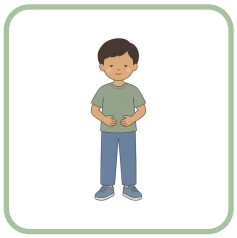
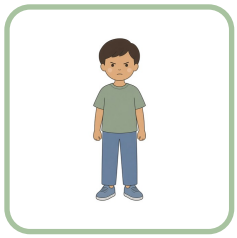
Name: _____

Circle the slow breath.

Look at the pictures. Circle the slow breath.

1

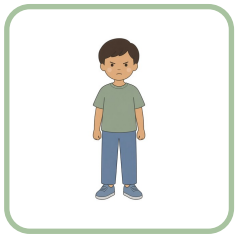




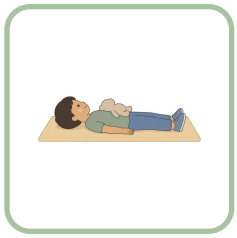
2



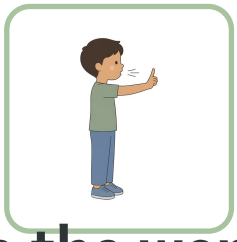


3





4





Trace the word.

Trace the word breathe.



breathe
breathe
breathe

Name: _____

Breathing ways: cut and glue.

Cut out the pictures. Glue them in the box.

Glue here.

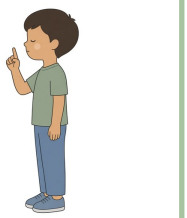
✂ Cut on the dashed lines.

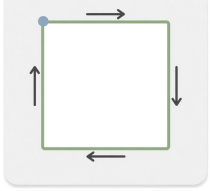





Which breathing do you like?

Circle the ways you like.



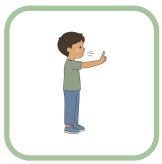
my way

Name: _____

Match the picture to the word.

Draw a line to the matching word.











- finger trace
- belly breath
- smell the flower
- blow the candle
- bubbles

Fill in the word.

Pick a word from the box. Write it in the space.

flower · candle · bear · bubbles



1. Smell the _____.



2. Blow the _____.



3. Watch the _____ go up.

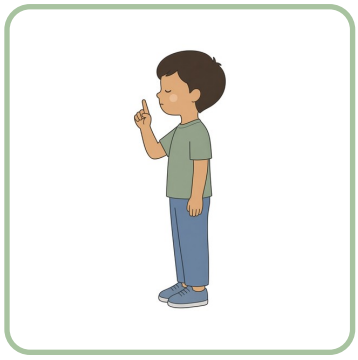


4. Blow slow _____.

Name: _____

First, next, last.

Put the pictures in order. Write 1, 2, 3.



Sam smells the flower



Sam's shoulders go down



Sam breathes fast

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Deep breathing is slow.



2. Everyone must use breathing.



3. Practice helps when calm.



4. Breathing is the only tool.



Name: _____

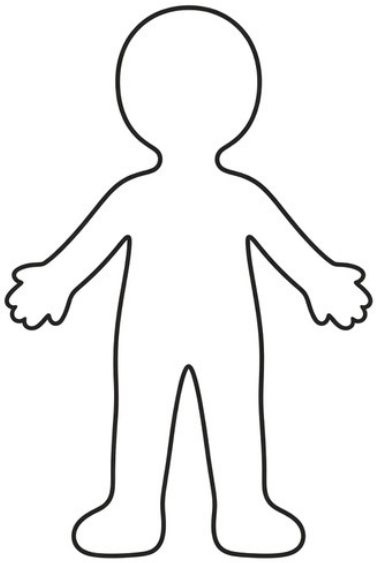
My breathing practice.

Draw or color one box each day you practice.

1	2	3

My body when I breathe slowly.

What changes in your body? Color or check.



- ☐ shoulders go down
- ☐ tummy goes up and down
- ☐ slower heart
- ☐ softer face
- ☐ warm hands
- ☐ sleepy
- ☐ nothing changes
- ☐ my own way: _____

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “My breaths are fast.”

2. “I do not like breathing tools.”

3. “I want to practice.”

Today.

Today I tried breathing when...

Did it help?





Deep Breathing · Answers

For grown-ups

Name: _____

Answers

E1: row 1: slow-breath; row 2: sam deep breath; row 3: belly-breath; row 4: blow-candle
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: smell-flower = smell the flower; blow-candle = blow the candle; belly-breath = belly breath; hand-trace = finger trace; blow-bubbles = bubbles
D2: 1. flower; 2. candle; 3. bear; 4. bubbles
D3: 1. Sam breathes fast; 2. Sam smells the flower; 3. Sam's shoulders go down
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Practice breathing during calm, happy times. It is very hard to learn a new tool mid-meltdown.
- Never insist on breathing. For some children, focusing on breath increases anxiety. Offer other tools.
- Use something visible: bubbles, a toy on the tummy, a pinwheel or a finger trace.
- Breathe alongside the child rather than telling them to breathe.
- Keep it short: 3 slow breaths is plenty.
- Avoid "Just take a deep breath and calm down." Offer it as a choice: "Want to blow bubbles with me?"