

# Kid-friendly Breathing Techniques

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## BREATHING THE RIGHT WAY|| BALLOON BREATHING

Pretend like you swallow a balloon- Inhale tummy expands, Exhale belly button goes back towards spine.

## FLOWER(LOTUS) BREATHE

Deep breathe in through nose and large exhale out of mouth as if you are smelling a flower. This helps connect to feelings.

## HISSING BREATHE

Breathe in the nose, long deep inhale, and out the mouth in a hissing sound, slow and long. Slows down mental and physical activity the longer the exhale is held out.

## BEAR BREATHE

Inhale through nose for count of three, pause for count of two, breathe out through nose for count of 3 and pause. Wonderful for restful and reflective time.

## BUNNY BREATHE

3 quick sniffs in the nose and one long exhale out the nose. This is a cleansing breathe and use when kids are upset and can't find their breathe.

