

Breathing Exercises for Children.

DEEP BREATHING USING PROPS

USE BUBBLES

Blowing gently to create bubbles is a good way to be playful and breathe deeply. Kids have to blow carefully and slowly to make the bubbles.

USE A STUFFED ANIMAL TO PRACTICE DEEP BREATHING

Have your child lay down on their back and put a stuffed animal on their belly. Have them breathe in and move the stuffed animal up, then breathe out and bring the stuffed animal back down. This helps teach kids to use their belly to take big deep breaths.

USE A FEATHER

Get some feathers. Breathe in and hold it for a count of 3, then breathe out going up one side of the feather and down the other side.

DIY CRAFTS

Make a craft using half a paper plate, crepe paper or ribbons. Have kids blow the crepe paper or ribbons as they take deep breaths.

Materials Needed:

1. Paper plate - cut in half
2. crepe paper - cut into 6" - 8" strips, cut in half
3. yarn or string
4. any other interesting objects to make the creature (use what you have on hand)
 - stickers
 - ribbon
 - paint
 - markers, crayons or coloured pencils
 - tissue paper
 - googly eyes

Attach the crepe paper to the flat bottom of the paper plate. Attach yarn/string to the top centre of the curved part of the paper plate as a hanger. Have kids decorate the paper plate any way they want, as a monster, or a creature, or with stickers.

To Use: hang up the creature and have kids blow on the crepe paper to get it to move.



DEEP BREATHING USING SHAPES

(Have a picture of the shape to hand)

TRIANGLE BREATHING

Start at the bottom left of the triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.

SQUARE BREATHING

Start at the bottom right of the square

Breathe in for four counts as you trace the first side of the square

Hold your breath for four counts as you trace the second side of the square

Breathe out for four counts as you trace the third side of the square

Hold your breath for four counts as you trace the final side of the square

You just completed one deep breath!

STAR BREATHING

Start at any "Breathe In" side on the star.

Trace your finger over the "breathe in" side of the point

Hold your breath when your finger gets to the tip of the point

Breathe out as you trace your finger over the other side of the point.

Keep going until you reach where you started.

When you trace the whole star, you will have completed 5 deep breaths

LAZY 8 BREATHING

Start with the eight on its side and start in the middle

Go up to the left and trace the left part of the 8 with your finger while you breathe in.

When you get to the middle of the eight again, breathe out while you trace the right part of the 8 with your finger.

BREATHING USING YOUR IMAGINATION

Breathe in like a flower, breathe out like you are blowing out birthday candles.

Breathe in blue sky, Breathe out grey skies.

Pretend your belly is like a balloon. Breathe in and make the balloon bigger, then breathe out and make the balloon shrink.

Smell the soup, cool the soup or smell the hot cocoa, cool the hot cocoa

ANIMAL BREATHING

SNAKE BREATH

Breathe in, pause briefly, then breathe out slowly while you make a hissing sound for as long as you can.

BUMBLEBEE BREATH

Breathe in and pretend you are smelling a flower. As you breathe out, make humming bee sound. Try different ways of making the sound - longer or shorter, high or low sounds.

DEEP BREATHING WITH NUMBERS

5 - 5 - 10 BREATHING

Breathe in for 5, hold for 5 and breathe out for 10.

7-11 BREATHING

Breathe in for 7, exhale for 11.

Others

RAINBOW BREATHING

Arms start at the side of your body; arms go up as you breathe in and go down as you breathe out (arms make a rainbow)

EXPLOSION BREATHS

Start in a standing position. Breathe in as you crouch down. Then, jump up, spreading your arms and legs as you breathe out.

WOOD CHOPPER BREATHING

Standing tall with legs hip distance apart. Clasp hands together and raise your arms above your head. Breathe in through nose. Exhale and pull your hands down toward your legs as you say "HA" to "chop" wood