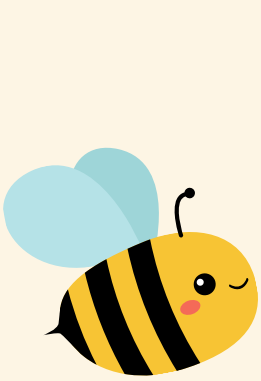
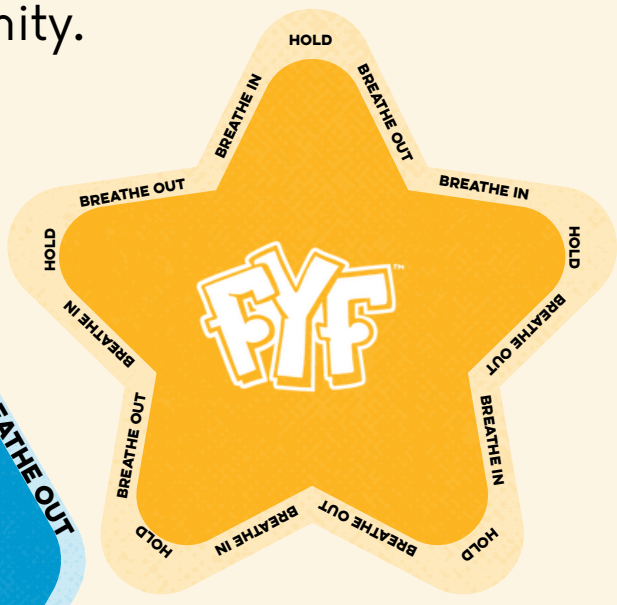
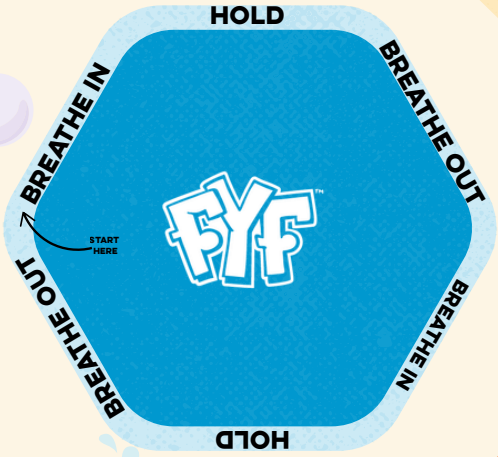
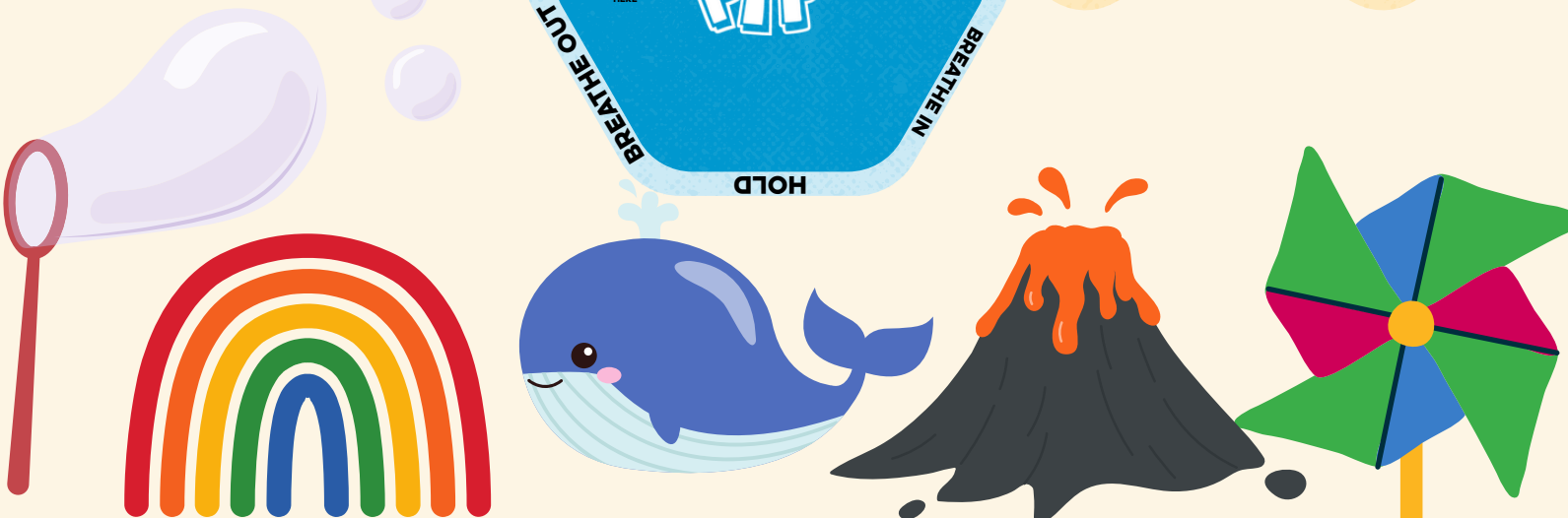
Mindful Moments: Breathing Exercises

Mindful moments are a great way for toddlers and young children to pause and connect with their feelings. Mindful moments and deep breathing exercises can help little ones feel calm, focus their attention, and develop emotional resilience. These simple techniques promote relaxation and self-regulation, giving children valuable tools for navigating their big, beautiful, new world. Below you will find a few breathing exercise techniques with shareable graphics for social media or to share with your community.



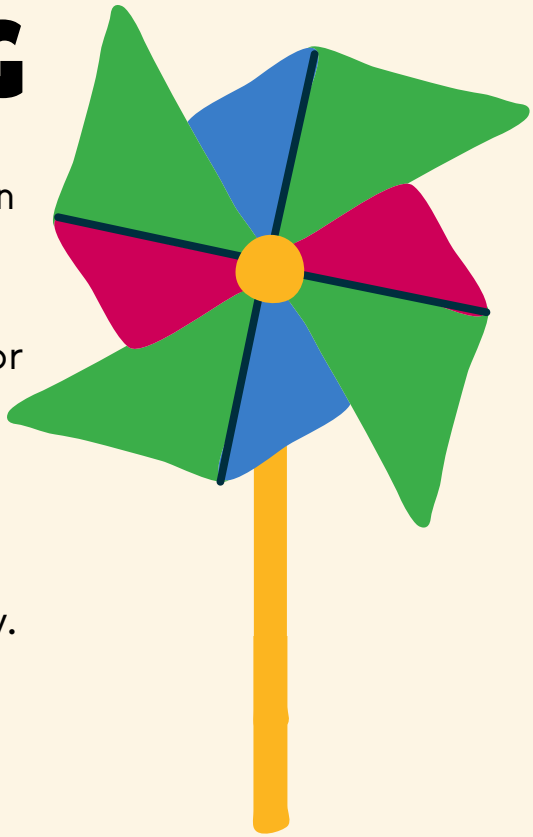




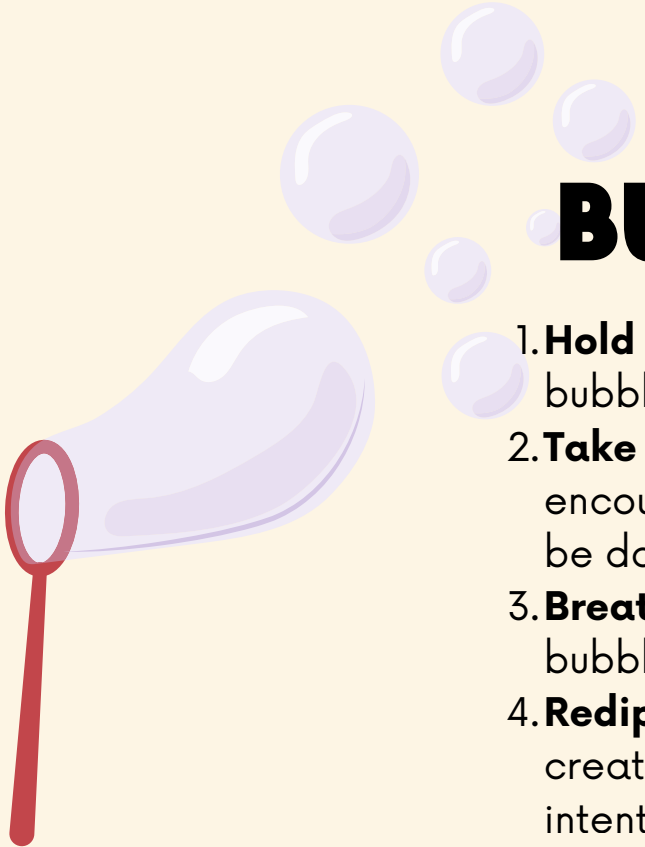


Mindful Moments:
Breathing Exercises w/Props

PINWHEEL BREATHING



1. **Grab a pinwheel** – a bright, colorful pinwheel is even better!
2. **Take a deep breath in** – encourage your child to fill their belly with air. This can be done while standing or sitting.
3. **Breathe out slowly** – exhale gently to make the pinwheel spin.
4. **Repeat 3-5 times** – Notice how the pinwheel spins, and how calm and relaxed it feels to breathe deeply.



BUBBLE BREATHING

1. **Hold** the bubble wand in your hand – Make sure it has bubble solution in the hole of the bubble wand.
2. **Take a deep breath in** through your nose – encourage your child to fill their belly with air. This can be done while standing or sitting.
3. **Breathe out slowly** – exhale gently to make the bubble form.
4. **Redip** the bubble wand into the bottle of bubbles– create as many bubbles as you can with slow and intentional breaths.

FREE your FEELS™

Mindful Moments: Imagination Breathing

VOLCANO BREATHING

1. Pretend your hands and arms are like lava flowing from a volcano.
2. Start with your hands in front of your heart, with palms touching.
3. Keeping your hands together, reach straight up and breathe in.
4. Separate your hands and move your arms down to your side and breathe out.





RAINBOW BREATHING

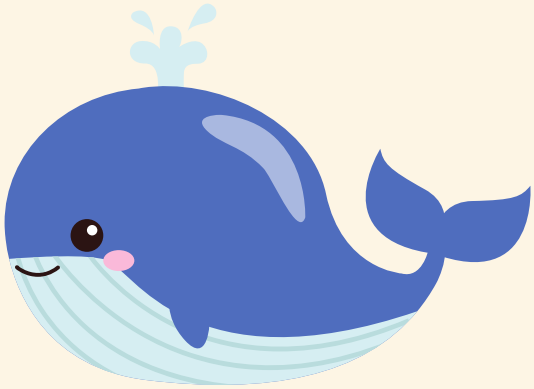
1. Arms start at the side of your body.
2. Arms go up as you breathe in.
3. Arms go down as you breathe out (arms make a rainbow)!

FREE your FEELS™

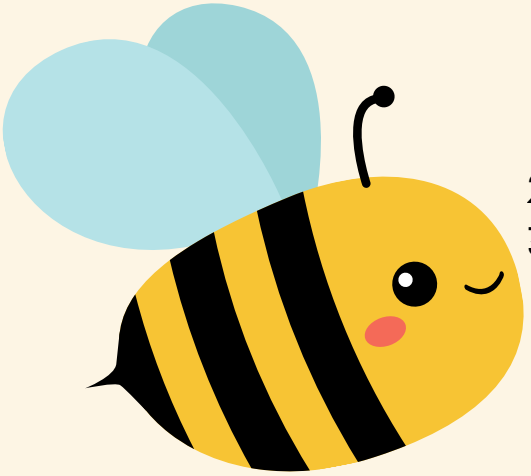
Mindful Moments: Animal Breathing

WHALE BREATHING

1. Sit criss-cross applesauce, sit up tall and take a deep breath in.
2. Hold it while you count to 5 with your fingers.
3. Tilt head up to blow it out of blowhole.
4. You can also put your hands up on top of head to create the blow hole to "blow" out.



BUMBLEBEE BREATHING

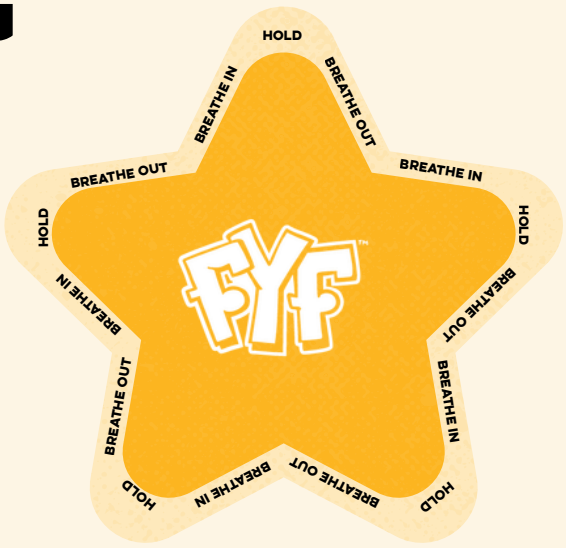


1. Breathe in and pretend you are smelling a flower.
2. As you breathe out, make humming bee sound.
3. Try different ways of making the sound - longer or shorter, high or low sounds.

Mindful Moments: Visual Aids

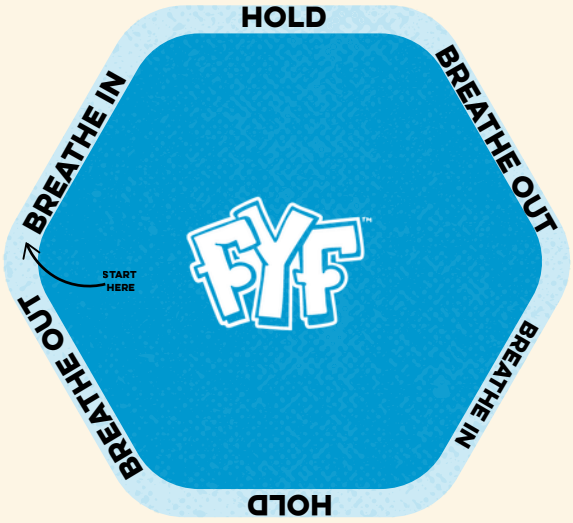
STAR BREATHING

1. Start at any “Breathe In” side on the star.
2. Trace your finger over the "breathe in" side of the point.
3. Hold your breath when your finger gets to the tip of the point.
4. Breathe out as you trace your finger over the other side of the point.
5. Keep going until you reach where you started.
6. When you trace the whole star, you will have completed 5 deep breaths.



click to download worksheet!

SIDE BREATHING

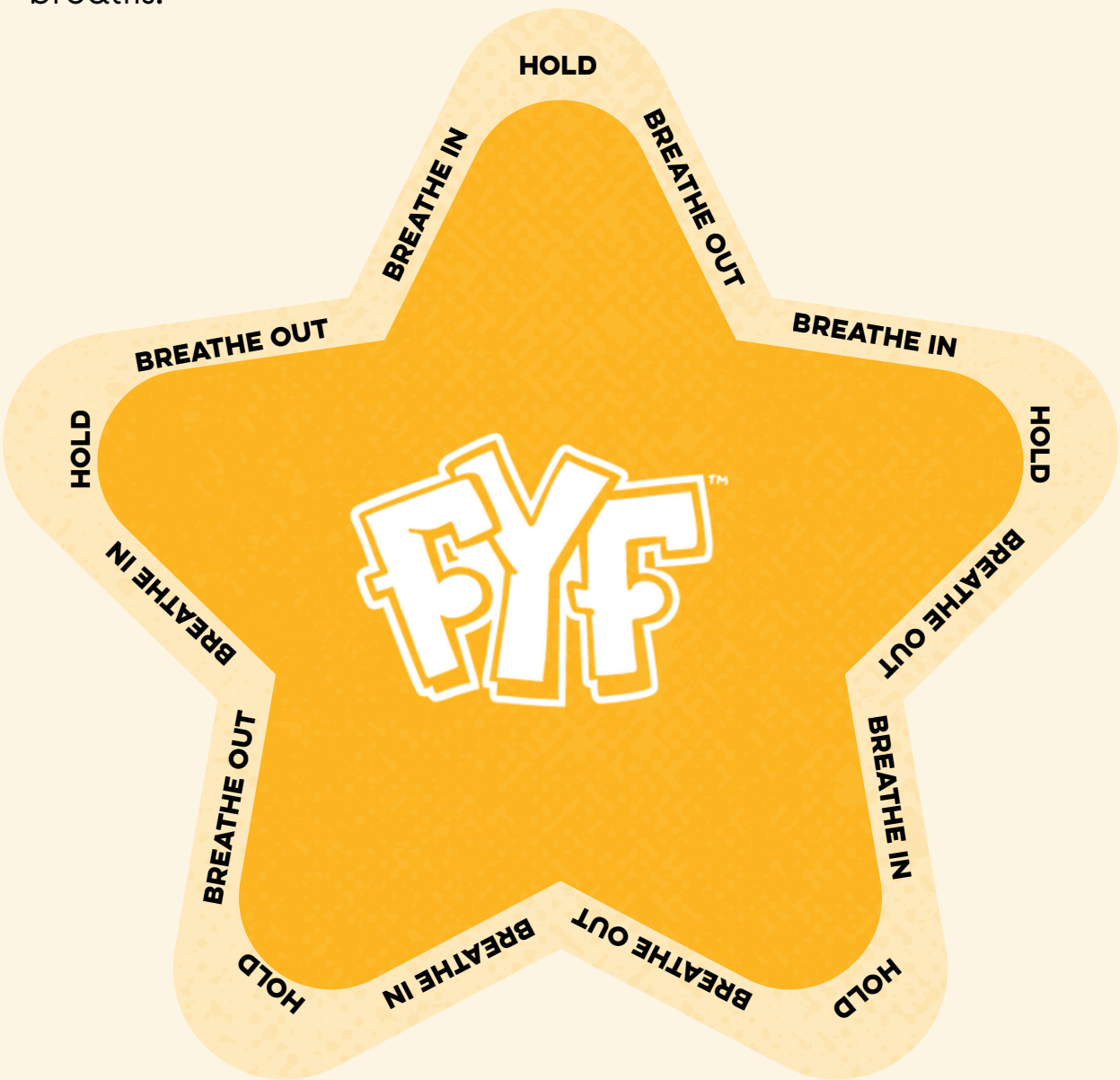


1. Start at the left hand side of the hexagon.
2. Trace your finger over the "breathe in" side as you take a deep breath in.
3. Hold your breath as you trace the second side of the hexagon.
4. Breathe out as you trace the third side of the hexagon.
5. Then repeat for the bottom part of the hexagon.

click to download worksheet!

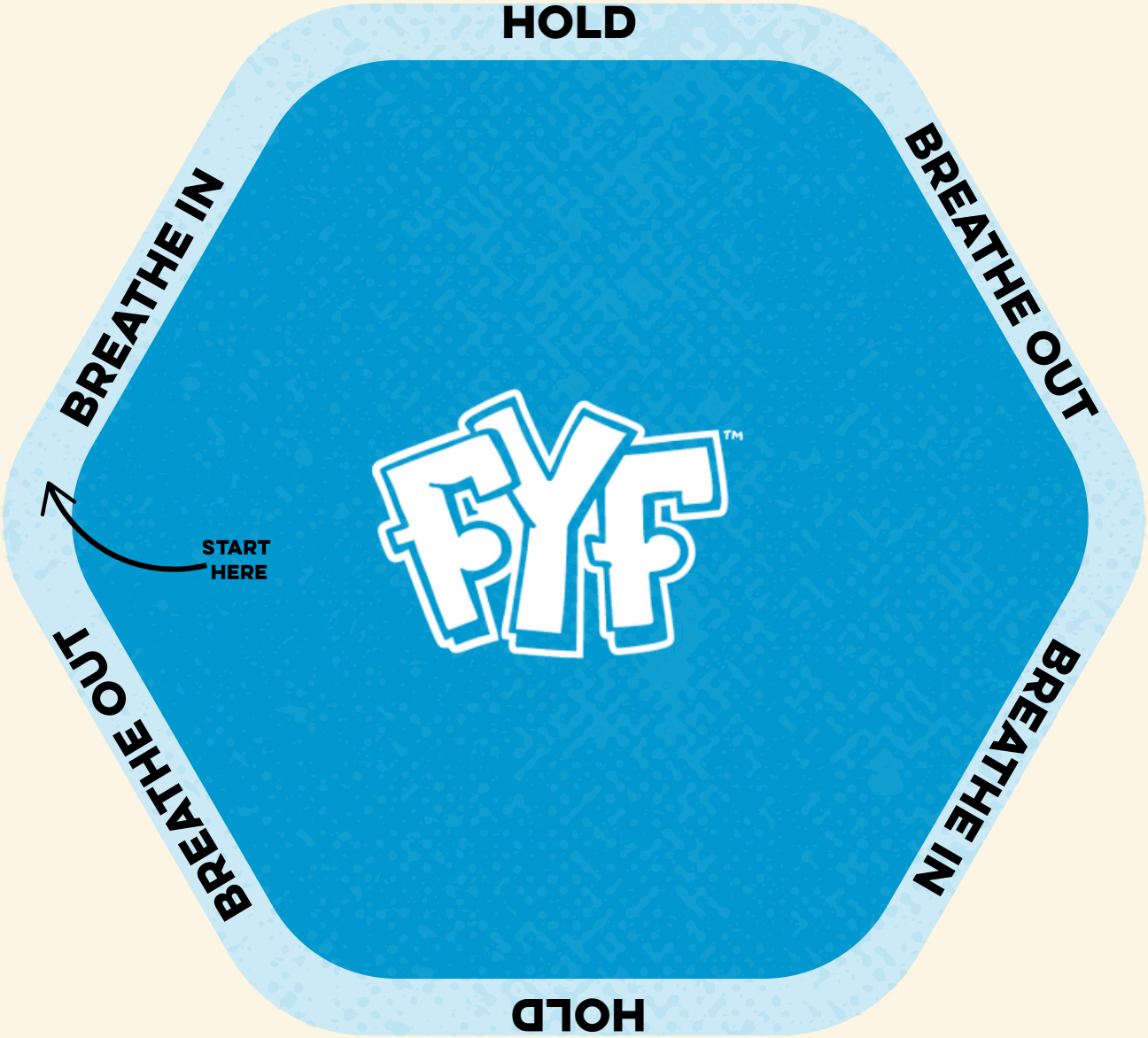
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SIDE BREATHING

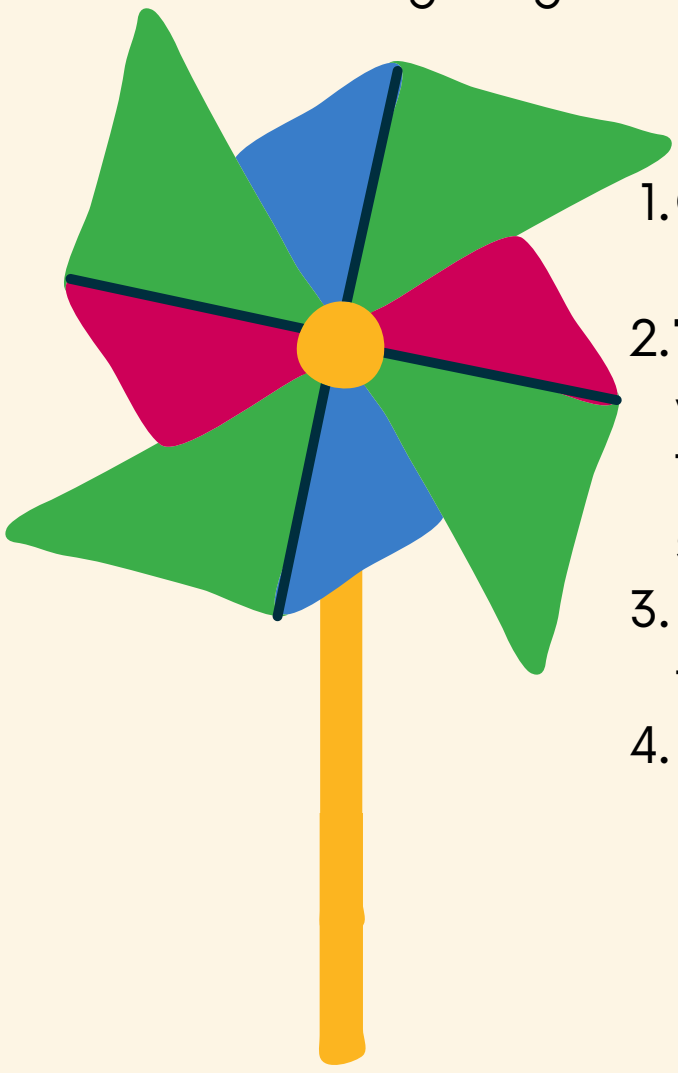
1. Start at the left hand side of the hexagon.
2. Trace your finger over the "breathe in" side as you take a deep breath in.
3. Hold your breath as you trace the second side of the hexagon.
4. Breathe out as you trace the third side of the hexagon.
5. Then repeat for the bottom part of the hexagon.



Mindful Moment:

Pinwheel Breathing

Mindful moments are a great way for toddlers and young children to pause and connect with their feelings. Mindful moments and deep breathing exercises, like pinwheel breathing, can help little ones feel calm, focus their attention, and develop emotional resilience. These simple techniques promote relaxation and self-regulation, giving children valuable tools for navigating their big, beautiful, new world.



Instructions:

1. **Grab a pinwheel** – a bright, colorful pinwheel is even better!
2. **Take a deep breath in** – encourage your child to fill their belly with air. This can be done while standing or sitting.
3. **Breathe out slowly** – exhale gently to make the pinwheel spin.
4. **Repeat 3-5 times** – Notice how the pinwheel spins, and how calm and relaxed it feels to breathe deeply.