

Breathing Strategies for Children



Be a S.T.A.R.¹

- Smile, Take a deep breath, And Relax



Smell the flower, blow out the candle

- Smell the flower. Take a deep breath in through the nose.
- Blow out the candle. Exhale through the mouth to blow out the candle.



Snake Breathing

- Take a deep breath in through the nose.
- Breath out from the mouth making a long slow hissing sound (like a snake).



Elephant Breathing

- Stand up, bend over slightly and dangle arms in front of body.
- Breathe in slowly through the nose, bringing arms (elephant trunk) up and over the head. Exhale slowly through the mouth, bring the arms (elephant trunk) back down again.

Balloon Breathing #1

- Lay on back (could also be done standing up). Put hands on tummy. Imagine your tummy is a balloon.
- Take big breath through your nose. Feel the balloon (tummy) get bigger.
- Breath out slowly from the mouth. Feel the balloon (tummy) get smaller.



Balloon Breathing #2

- Interlace fingers and place hands on top of head.
- Take a deep breath through the nose. As you breathe, raise your arms inflating a pretend balloon.
- Breath out slow from the mouth, pursing your lips to make a sound like air escaping from balloon, while slowly bringing arms back down to head.³

Dragon Breathing



- Stand up leaning forward slightly with arms rounded in front of you (like pretend hug).
- Take a deep breath in through the nose. While breathing in, stand up straight, while pulling shoulders and arms back.
- Exhale slowly through the mouth making an “arh” dragon sound. While breathing out, slowly bend forward with arms rounded in front of you.



Starfish Breathing

- Spread fingers out like a starfish.
- Starting at bottom of thumb, breathe in as you use pointer finger of other hand to trace UP your thumb. Breathe out as your finger traces DOWN the thumb. Repeat with remaining fingers.

¹ STAR is a technique recommended by Conscious Discipline. For more information, go to: <https://youtu.be/qDqOG0RiSE>