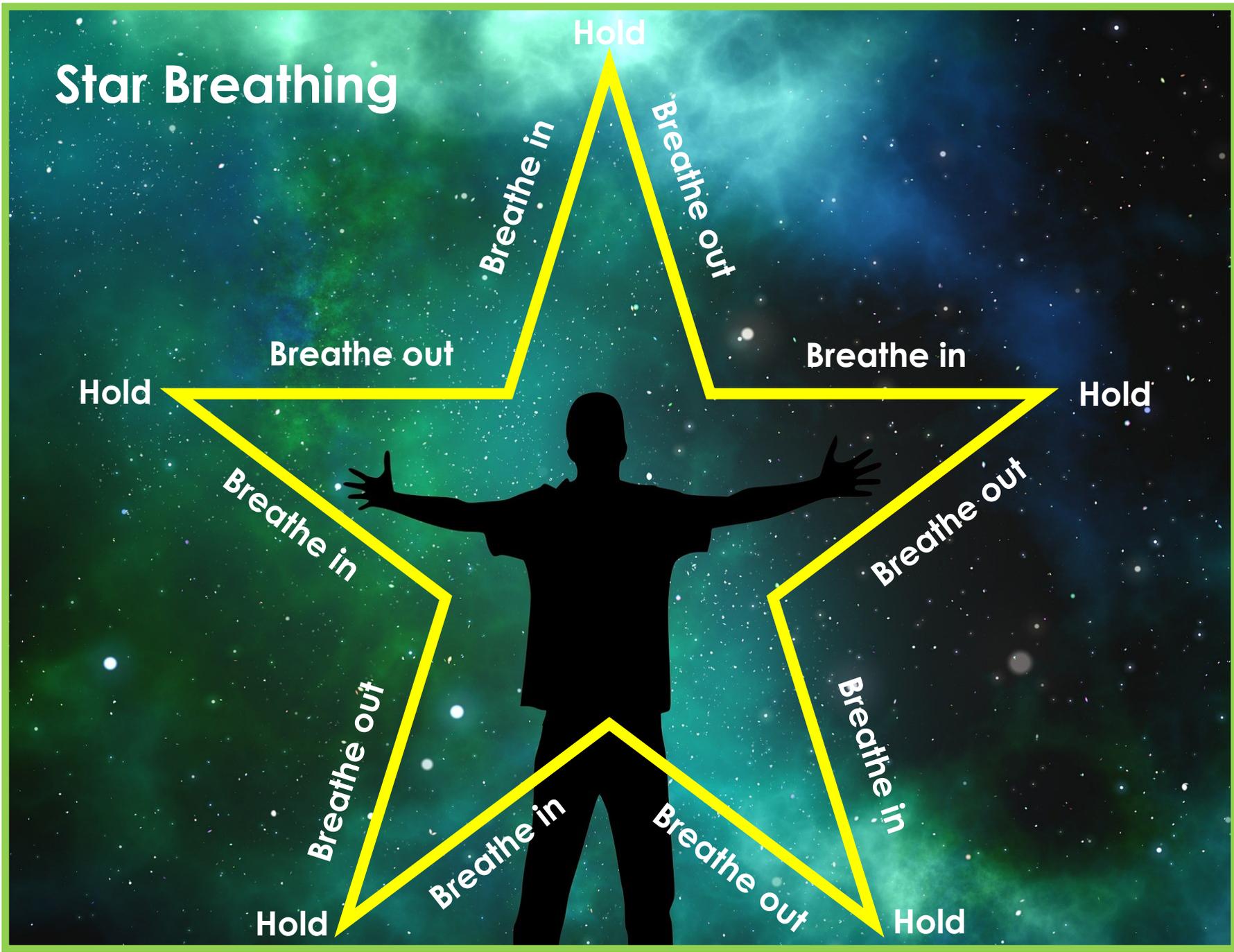
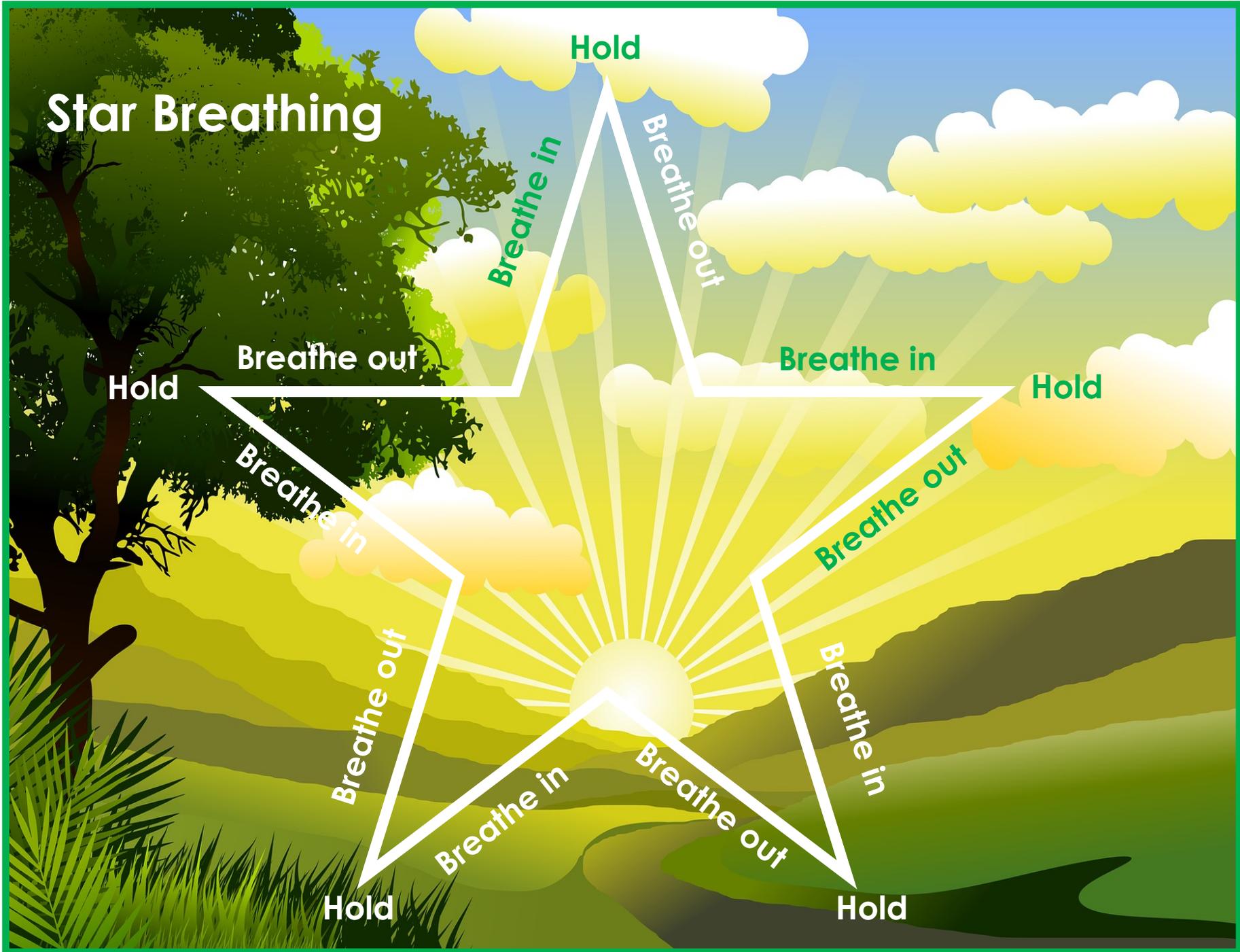


Star Breathing



Star Breathing



Star Breathing





The Calming Count

- Find a comfortable place to sit
- Take a long, deep breath
- Exhale slowly and silently repeat the word 'relax'
- Softly close your eyes
- Take ten natural, easy breaths
- Exhale counting down from 'ten'
- Focus on alleviating any tension and imagine all stress leaving your mind and body
- As you reach 'one' open your eyes and bring your attention back to your surroundings

Breathe in - smell the flower!



Hold for 3 - count 1,2,3



Breathe out - blow the bubbles!

Breathing Exercises

The Calming Breath

- Take a long, slow breath in through your nose, filling up your lungs
- Hold your breath for a count of three - 1,2,3
- Purse your lips and slowly exhale out of your mouth, relaxing all the muscles in your face, shoulders and stomach
- Repeat 10 times each day



The Relaxing Breath

- Exhale completely through your mouth, making a whooshing sound
- Close your mouth and inhale quietly through your nose for a count of four - 1,2,3,4
- Hold your breath for a count of three - 1,2,3
- Exhale completely through your mouth for a count of eight - 1,2,3,4,5,6,7,8
- Repeat three to four times

The Natural Breath

- Slowly inhale through your nose, focusing on only filling up your lower lungs - diaphragm/stomach area)
- Exhale easily
- Repeat and continue to practice until this comes to you naturally

Breathing Exercises

Use the breathing activities to help your kids build confidence and release anxiety in new situations.

Dandelion Breath

How to:

- Sit up tall, relax your shoulders and face.
- Imagine a dandelion flower.
- Take a deep breath in and then blow the air out slowly, sending the seeds into the air.
- Repeat 3 times.

Flower Breathing

How To:

- Collect a flower, or have your child visualize their favourite flower.
- Ask your child to breathe in deeply, while doing so take a BIG whiff of the flower's scent.
- Hold your breath for a count of 3.
- Exhale through your mouth for a count of 4.
- Repeat for five minutes.



Breathing Exercises

Use the breathing activities to help your kids build confidence and release anxiety in new situations.



Feather Breathing

How to:

- Collect different coloured feathers.
- Ask your child to hold the feather in their hand.
- Take a deep breath. (Model this for your child)
- To help kids learn how to take a deep breath, ask them to put their hands on their bellies and feel the rise and fall.
- Inhale slowly for a count of 3 - 1,2,3..
- Then, slowly exhale through the nose and while exhaling blow gently up one side of the feather and down the other side.

Yoga for kids

Hold each pose for three to five deep and slow breaths, in and out of your nostrils.



Half moon pose



Tree



Plough



Wide legged forward bend



Standing bow



Plank



Lotus



Side Plank



Warrior 1



Bridge Pose



Extended Hand to Toe



Half Twist