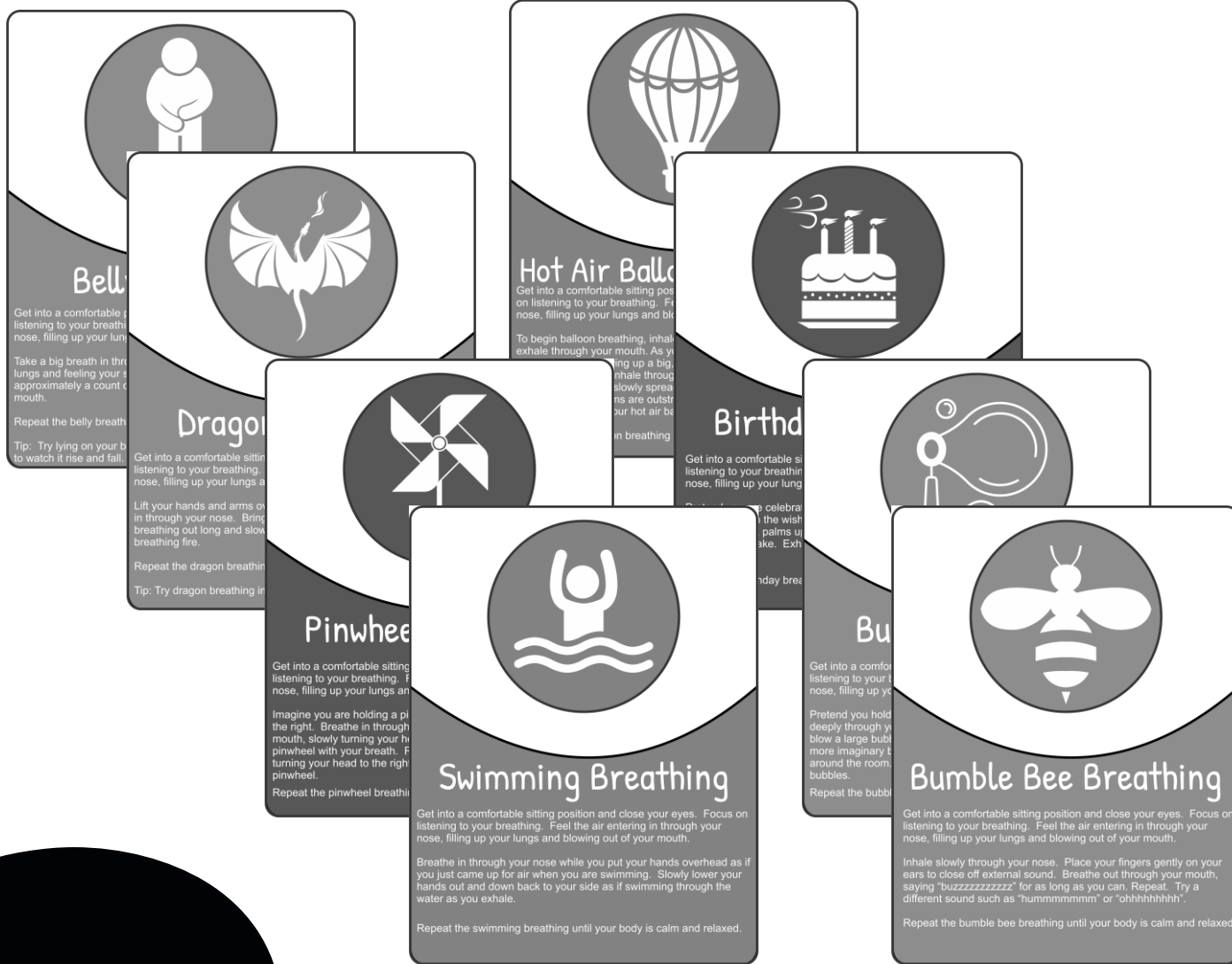


# Breathing Breaks

16 breathing break posters or cards and 3 tip sheets



Available in  
color and  
black and white



**Your Therapy Source, Inc.**  
**43 South Main Street**  
**Schaghticoke, NY 12154**  
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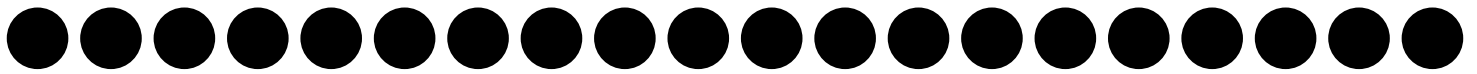
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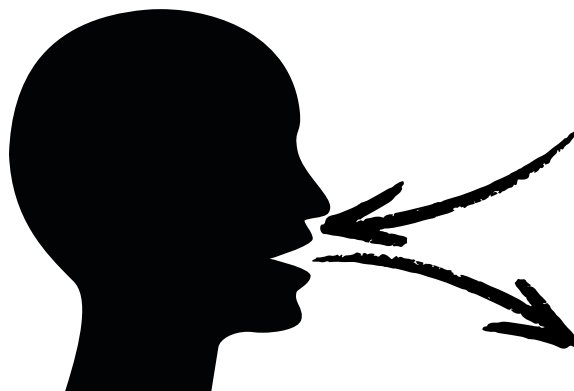
#### **DIRECTIONS:**

1. Print out the Breathing Breaks. Pages 3-21 at the full size pages. Pages 22-27 are the smaller cards. If using the smaller cards, cut them out. Laminate for durability.
2. An adult or child can demonstrate the breathing breaks if necessary.
3. Try to establish a routine when you will use the breathing breaks such as first thing in the morning, after recess, after a movement break or before a test.

# Benefits of Deep Breathing Exercises



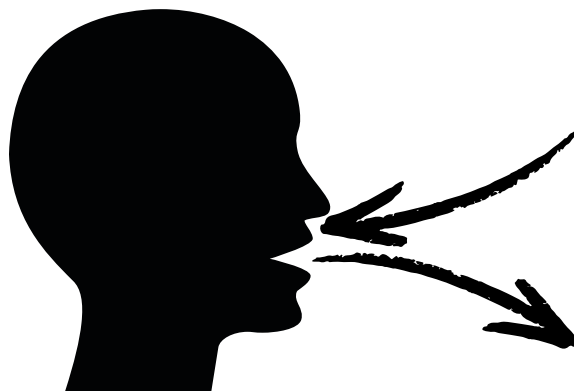
1. Decreases stress.
2. Reduces anxiety.
3. Helps you to remain calm.
4. Strengthens sustained attention.
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6. Slows the heart rate.
7. Lowers blood pressure.
8. Helps to control your emotions.
9. Promotes appropriate social behaviors.
10. Encourages happiness.



# 5 Tips When Learning Deep Breathing Exercises



1. Practice when the body is in a calm state to learn the techniques properly.
2. Practice everyday. Breathing techniques take time to master.
3. Educate the children on the purpose of breathing techniques. They help our bodies to relax, to slow our heart rate and avoid “flight or fight” mode.
4. Practice in a quiet environment so children can focus on their breathing.
5. Children will respond differently. Be mindful that some children will respond to breathing techniques quicker than others. Allow the children to repeat each technique until the body is calm and relaxed.

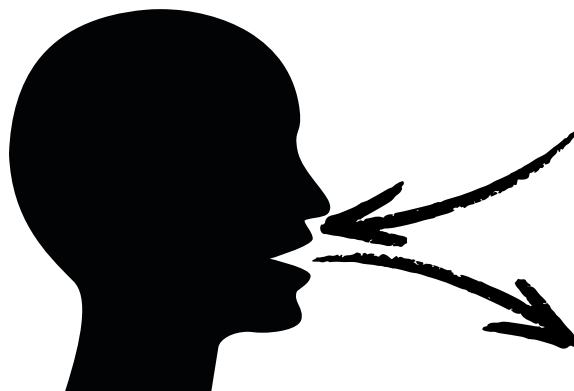


# Activities to Encourage Deep Breathing



If children need visual or physical supports to learn deep breathing exercises, practice activities that require deep breathing. Any activities where the children have to exhale are beneficial.

1. Try blowing crepe paper.
2. Blow bubbles.
3. Inflate a balloon.
4. Use a party blower horn.
5. Blow feathers in the air or off of a table.
6. Blow ping pong balls on the floor.
7. Blow small pieces of tissue paper.
8. Blow through a straw to spread out paint on paper.





# Belly Breathing

Get into a comfortable position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Take a big breath in through your nose for several seconds filling your lungs and feeling your stomach rise. Hold your breath for approximately a count of 2 and slowly let the air out through your mouth.

Repeat the belly breathing until the body is calm and relaxed.

Tip: Try lying on your back with a small stuffed animal on your belly to watch it rise and fall.



# Dragon Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Lift your hands and arms overhead, lengthen the spine and breathe in through your nose. Bring hands back to mouth and forward, breathing out long and slow through a wide, open mouth like you are breathing fire.

Repeat the dragon breathing until your body is calm and relaxed.

Tip: Try dragon breathing in kneeling or standing.



# Birthday Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Pretend you are celebrating your birthday and thinking of a wonderful wish. Focus on the wish as you breath in slowly through your nose. Lift your hands, palms up, in front of your mouth as if you are holding your birthday cake. Exhale slowly through your mouth to blow out the candles.

Repeat the birthday breathing until your body is calm and relaxed.



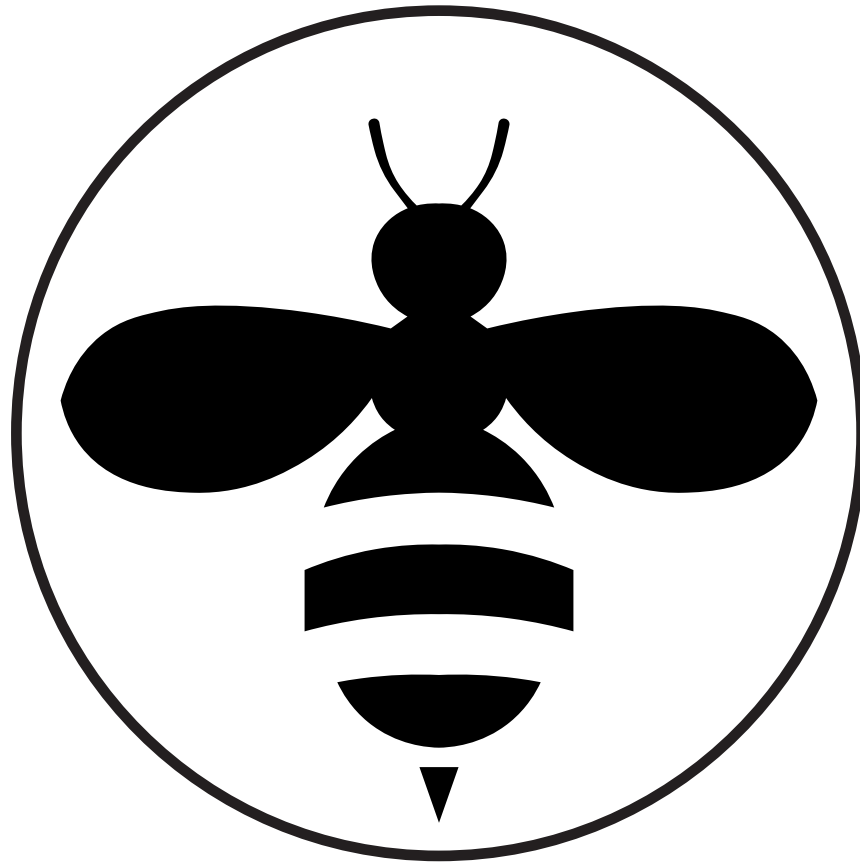


# Hot Air Balloon Breathing

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To begin balloon breathing, inhale through your nose and slowly exhale through your mouth. As you breathe out, spread your hands out like you are blowing up a big, hot air balloon. Keep your hands where they are and inhale through your nose again. Breathe out through your mouth slowly spreading your hands further apart. Repeat until your arms are outstretched. Rock side to side and pretend to release your hot air balloon into the air.

Repeat hot air balloon breathing until your body is calm and relaxed.

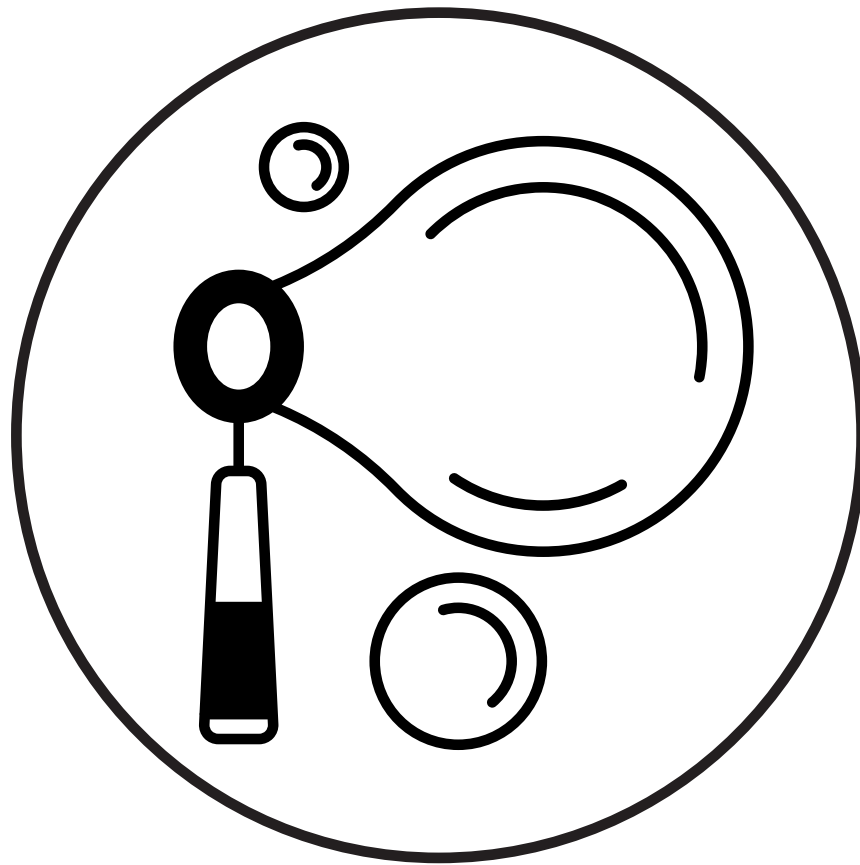


# Bumble Bee Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Inhale slowly through your nose. Place your fingers gently on your ears to close off external sound. Breathe out through your mouth, saying “buzzzzzzzzzzzz” for as long as you can. Repeat. Try a different sound such as “hummmmmmmmm” or “ohhhhhhhhhh”.

Repeat the bumble bee breathing until your body is calm and relaxed.

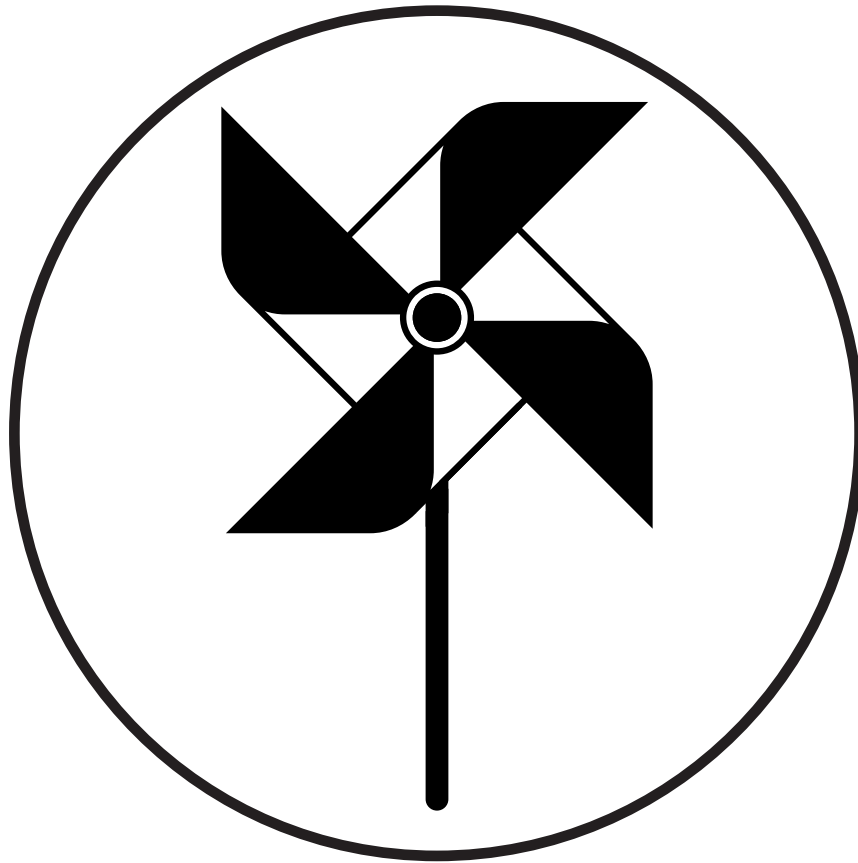


# Bubble Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Pretend you holding a bubble wand in front of your mouth. Inhale deeply through your nose. Exhale through your mouth pretending to blow a large bubble and release it into the room. Repeat blowing more imaginary bubbles into the room. Visualize the bubbles floating around the room. Imagine that your stress is floating away in the bubbles.

Repeat the bubble breathing until your body is calm and relaxed.



# Pinwheel Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine you are holding a pinwheel in your hand. Turn your head to the right. Breathe in through your nose and then exhale through your mouth, slowly turning your head to left as you pretend to spin the pinwheel with your breath. Repeat inhaling through the nose, slowly turning your head to the right as you exhale and spin your imaginary pinwheel.

Repeat the pinwheel breathing until your body is calm and relaxed.

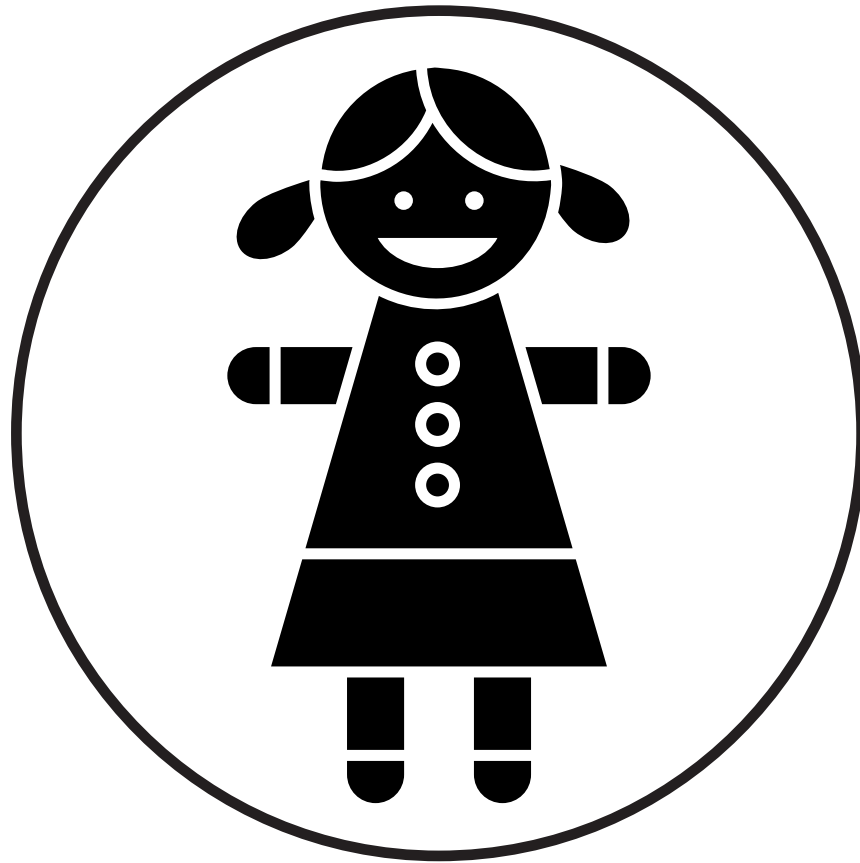


# Swimming Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Breathe in through your nose while you put your hands overhead as if you just came up for air when you are swimming. Slowly lower your hands out and down back to your side as if swimming through the water as you exhale.

Repeat the swimming breathing until your body is calm and relaxed.



# Rag Doll Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Flop your body forward at the waist to begin. Inhale through your nose, slowly bringing yourself back to a sitting position and raise your arms above your head. Breathe out, slowly bringing your arms down and flopping forward at the waist again.

Repeat the ragdoll breathing until your body is calm and relaxed.

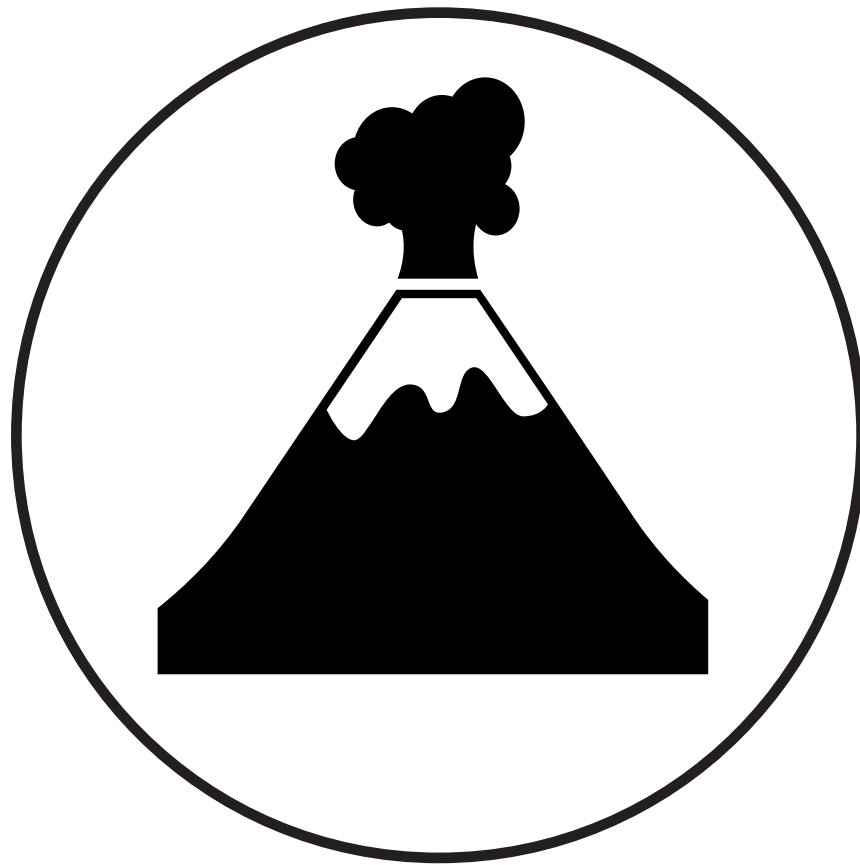


# Flower Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine you are in a field of beautiful flowers. You pick one flower and hold it to your nose. Inhale deeply through your nose as you “smell” the flower. Exhale slowly through your mouth. Pretend to pick another flower and repeat.

Repeat the flower breathing until your body is calm and relaxed.



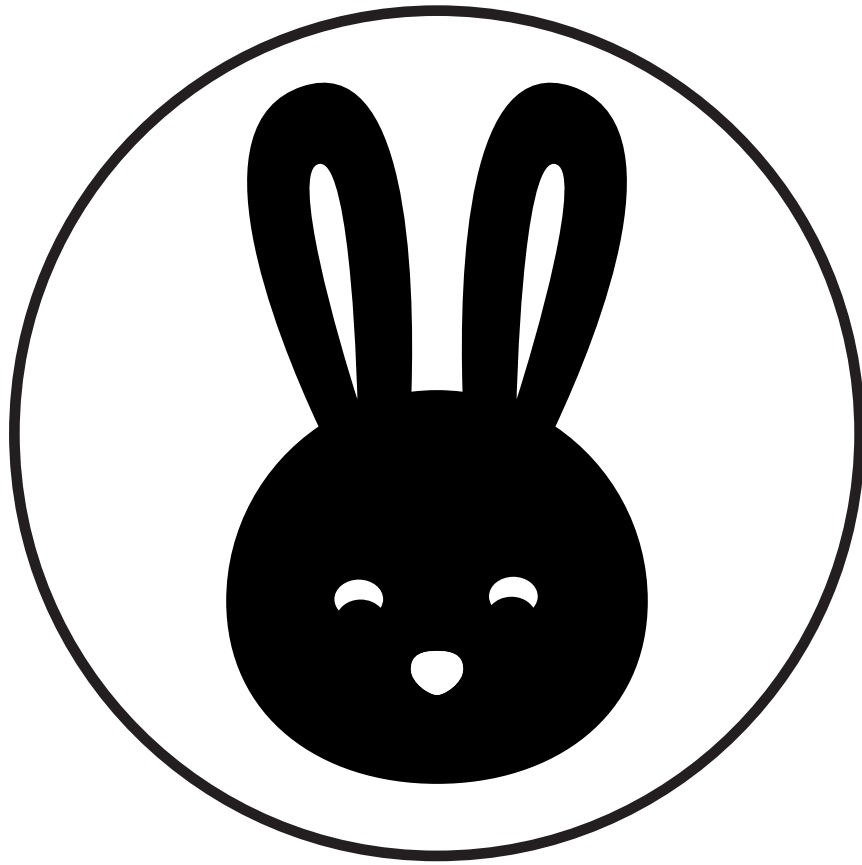
# Volcano Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine you are a volcano ready to explode with love, hope or peace instead of lava. Inhale deeply through your nose as you raise your arms overhead. Breathe out, long and slow releasing your feelings of love throughout the room, dropping your arms out and back down to your side.

Repeat the volcano breathing until your body is calm and relaxed.



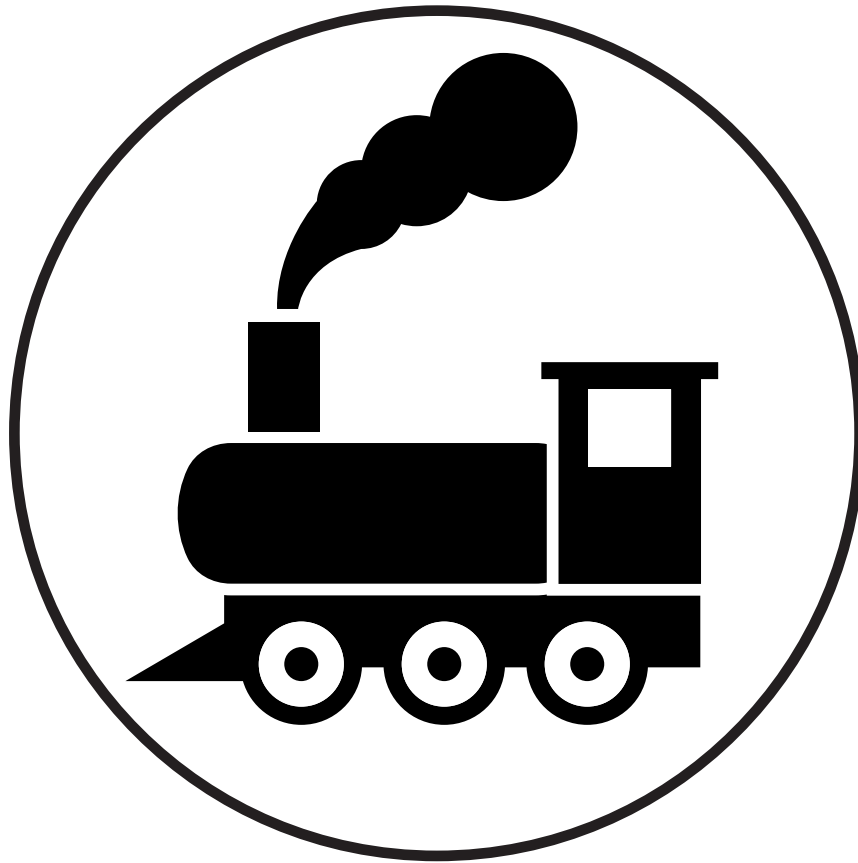


# Bunny Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Have you ever seen a rabbit sniff carrots? Rabbits breathe through their noses. Breathe in 3 breaths (2 quick and one slow) through your nose, like you are sniffing some carrots. Exhale slowly through your mouth.

Repeat the bunny breathing until your body is calm and relaxed.



# Steam Train Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine you are a steam train. Put your arms at your side, elbows bent and fingers spread apart. Roll your shoulders up and around as you inhale through your nose. Roll your shoulders down and around, moving your arms in a circle like a train wheel as you exhale through your mouth. Slow your breathing, as you pretend to drive your train slowly into the station.

Repeat the steam train breathing until your body is calm and relaxed.

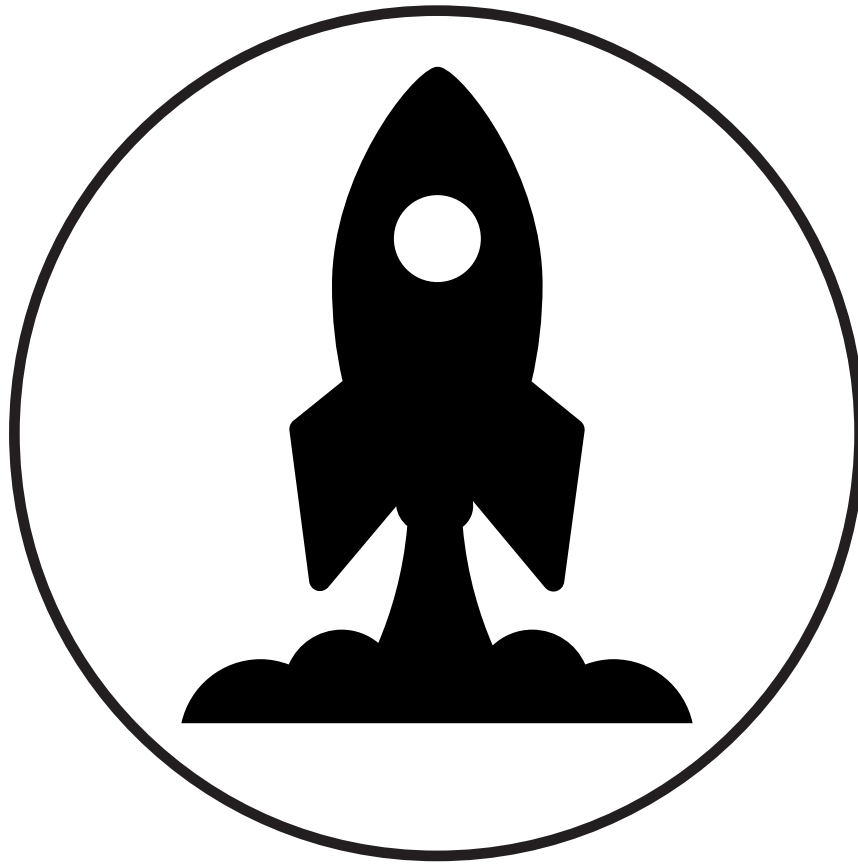


# Calm the Baby Breathing

Get into a comfortable sitting or standing position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Imagine there is an adorable baby across the room. Take a deep breath in through your nose. Breathe out, slow and long, making a quiet, steady “shhhhhh” sound come out of your mouth. Try to imagine your “shhhhhh” sound making it all the way across the room to calm the baby.

Repeat the baby breathing until your body is calm and relaxed.



# Rocket Ship Breathing

Get into a comfortable sitting or standing position. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Put your hands together at eye level. Take a big breath in through your nose as you count down from five - 5, 4, 3, 2, 1... Keep your focus on your hands, blast off bringing the hands overhead as you exhale the “rocket ship smoke” out of your mouth.

Repeat the rocket ship breathing until your body is calm and relaxed.



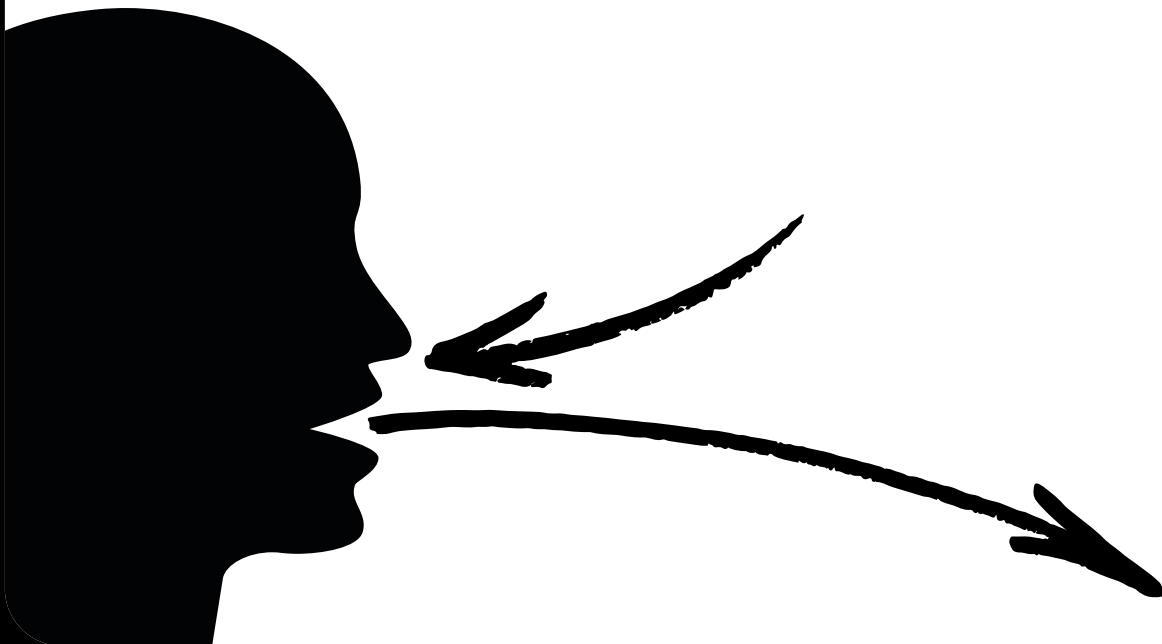
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Get into a comfortable sitting or standing position. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Select a positive affirmation (such as “I am happy”) to repeat. Recite out loud or in your head the phrase “I am” as you inhale deeply through your nose. Exhale through your mouth slowly as recite out loud or in your head the positive affirmation i.e. “happy”. Other positive affirmations to try are calm or focused.

Repeat the happy breathing until your body is calm and relaxed.

# Small Breathing Break Cards



# Breathing Breaks

16 breathing break posters or cards and 3 tip sheets

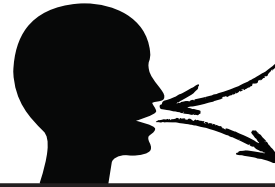


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## Benefits of Deep Breathing Exercises

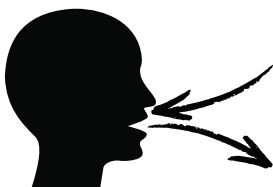
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Tip: Try lying on your back with a small stuffed animal on your belly to watch it rise and fall.

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Lift your hands and arms overhead, lengthen the spine and breathe in through your nose. Bring hands back to mouth and forward, breathing out long and slow through a wide, open mouth like you are breathing fire.

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Tip: Try dragon breathing in kneeling or standing.

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Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Pretend you are celebrating your birthday and thinking of a wonderful wish. Focus on the wish as you breath in slowly through your nose. Lift your hands, palms up, in front of your mouth as if you are holding your birthday cake. Exhale slowly through your mouth to blow out the candles.

Repeat the birthday breathing until your body is calm and relaxed.

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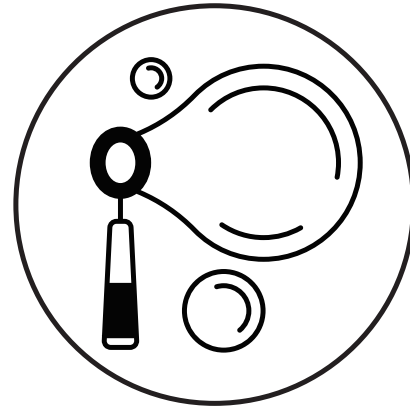
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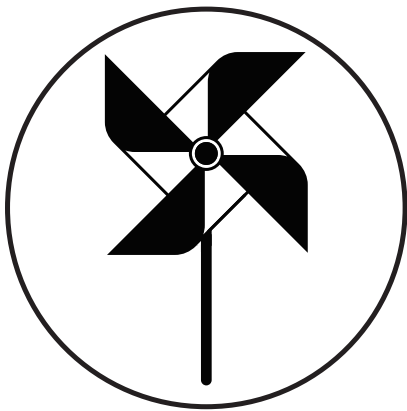
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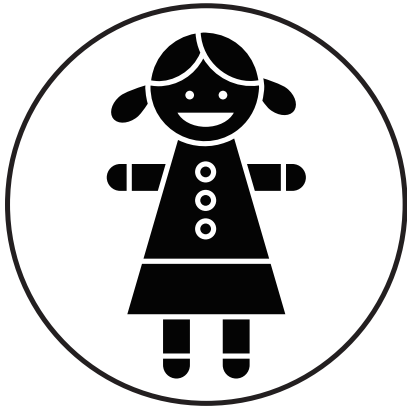
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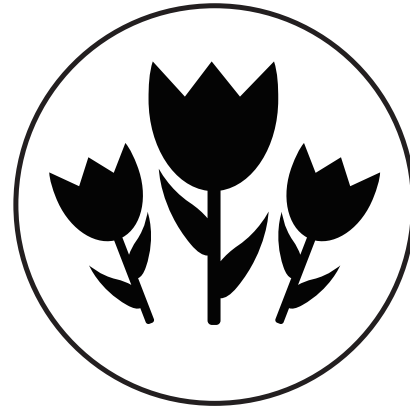
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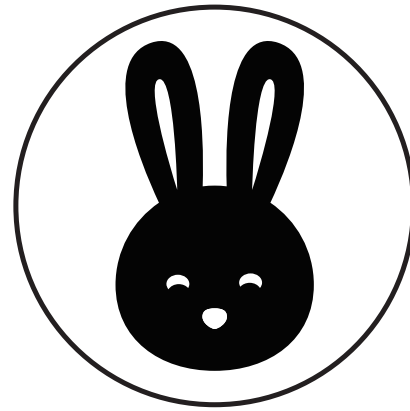
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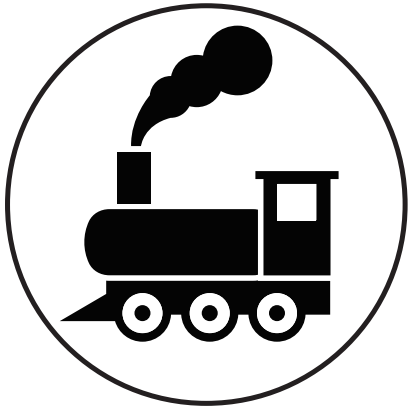
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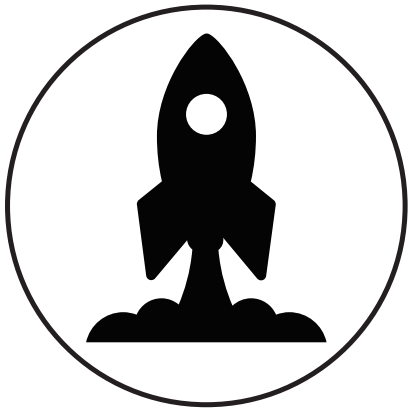
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Put your hands together at eye level. Take a big breath in through your nose as you count down from five - 5, 4, 3, 2, 1... Keep your focus on your hands, blast off bringing the hands overhead as you exhale the "rocket ship smoke" out of your mouth.

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