Parent Resource

"Breathing Exercises for Kids"

A great way to help your little ones enhance their breath and body connection. Also a great activity for the entire family to do together. Taking a deep breath helps us slow down, and gives us a chance to reflect on our emotions.

Click on the picture chart to the right to find a free printable that provides 8 simple, yet fun breathing strategies to help your child learn ways to calm their bodies.



ou exhale. Repeat slowly, rolling your should



eel the expansion in their partner's back each









