## Parent Resource

## Breathing Exercises for Kids

Breathing Exercises can help children and teens by:

- Relaxing the body
- Refocusing the mind
- Reducing stress and anxiety
- Lowering heart rate
- Increasing the body's oxygen levens, which can have calming effects.

Click source link for full article.



<u>Children's Health: Breathing exercises</u> <u>for kids</u>