Curriculum Share
DRDP Measure: Engagement and Persistence
Age Group: Toddler-Preschool

Breathing Exercises for Kids

Benefits of Deep Breathing for Kids:
- Helps sharpen the ability to focus and learn.
- Helps to control & regulate emotions.
- Strengthens sustained attention.
- Reduces anxiety and decreases stress.

Click on the breathing exercise cards to see more and to print!