



Deep Breathing Guide

Get the whole family in the habit of deep breathing to help with stress. Here's a kid-friendly guide to help you practice.

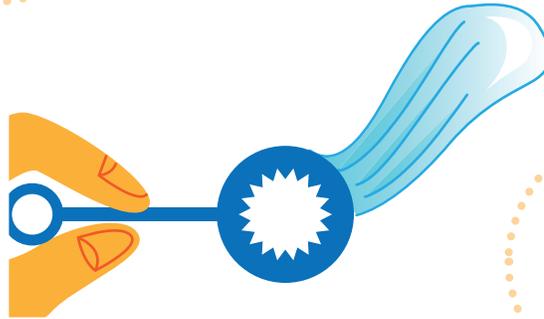
- 1.** Pretend you are smelling a rose. Breathe in deep and slow through your nose.



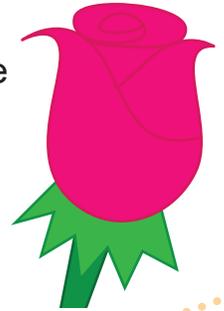
- 2.** Hold your breath like you are underwater. Count to five.



- 3.** Now pretend you are blowing bubbles. Breathe out with a gentle, steady breath so you don't pop them!



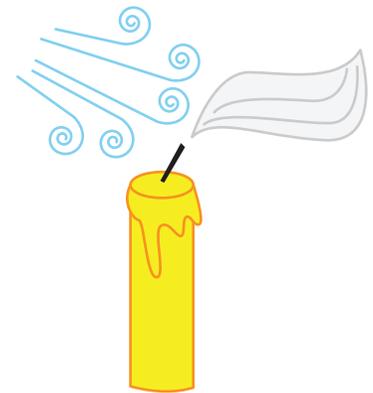
- 4.** Smell the rose again. Long, deep breath.



- 5.** Back underwater! Hold for 5.



- 6.** Pretend you are blowing out a candle. Focus and blow the air out with a hard, focused breath.



Repeat steps 1-6 as desired.

