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.