

Breathing Exercises to Calm & Regulate

Sesame Street: Count, breathe, relax. Click here: <https://youtu.be/n66r5Y6wguc>



Explain that Cookie Monster is having a hard time with big feelings, so he's learning "Birthday Breathing." Together, watch the video all the way through. Show it again and have kids practice along with you and Cookie Monster (it helps to rehearse a strategy before you actually need it!):

- Hold up one hand—it's a birthday cake with five candles!
- Pretend to blow out one of the candles: take a deep breath in and then blow out, curling the finger down as you finish exhaling.
- Repeat with the other four fingers until you have a fist. Notice how you feel now. Repeat if needed.

Spaghetti Breathing

Kids lie on their backs, arms at their sides, and imagine they're stiff like uncooked spaghetti. Say, "Take a deep breath in, tensing your whole body tightly. Now exhale loudly and fully and imagine yourself turning into cooked spaghetti—soft and relaxed." Repeat until they feel "cooked"!



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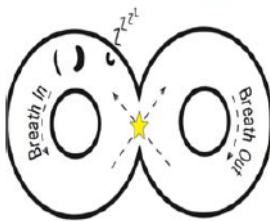
TRACE ALL 5 FINGERS



Take 5 breathing:

- Stretch your hand out like a star.
- Get your pointer finger ready to trace your fingers up and down.
- Slide up each finger slowly while breathing in through your nose.
- Hold for one second.
- Slide down the other side while breathing out through your mouth.

Lazy 8 Breathing

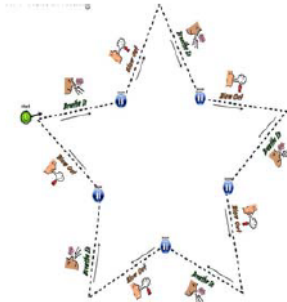


Lazy 8 Breathing

- Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.
- Hold for one second.
- As you cross over to the other side of the Lazy 8, slowly let your breath out.
- Continue breathing around the Lazy 8 until you have a calm body and mind.

**After some practice using the worksheet, try using an imaginary 8 and trace the pattern on your leg or desk.

5 Count Breathing Star



- Start with your finger on the start dot.
- Slowly breathe in and out as you trace the star with your finger.
- Try to breathe in through your nose and out through your mouth.

Hot Chocolate Breathing



- Imagine you have a delicious mug of hot chocolate in your hands
- Smell the hot chocolate by breathing in slowly through your nose to the count of 5
- The hot chocolate smells so good you want to drink it, but it's too hot! Blow on the hot chocolate for 5 counts
- Repeat a few times, noticing how relaxed you feel

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Snake Hiss

- Sit cross legged.
- Place one hand on your tummy so that you can feel your breathing.
- Breathe in slowly, filling your lungs from the bottom up.
- Slowly hiss out your breath, seeing how long you can exhale.



Visualized breathing

- Use bubbles, a foil pinwheel or a feather to “see” your breathing.
- Focus on slow breaths in through your nose and out through your mouth.



Count to 10

- Count to 10 while focusing on your breathing and relaxing your shoulders and neck



Peacock Breath

- Give each student a peacock feather of their own to hold
- Hold the feather in front and exhale completely, seeing how long you can blow the peacock feather
- Breathe in slowly through your nose to the count of four
- Now breathe out again, seeing how long you can make the feather move