

Fun breathing exercises for children

Breathing exercises are an effective calming strategy, for children who are dealing with big emotions. Breathing calms children, by physically slowing them down. Here are some fun breathing exercises to try:

The Bunny breath



Just like a little bunny, take 3 quick sniffs in through the nose and one long exhale out through the mouth.

Smelling flowers



Imagine you are smelling a flower, breathing in deeply through the nose and out through the mouth.

Blow out the candle



Blow out the candles on an imaginary birthday cake. Draw a deep breath in through your mouth and blow out through your mouth.

Blowing bubbles



Remember how soft you need to blow to get a nice big bubble. Take a deep breath in and blow it out soft and long.

Bear breathing



Lie on the floor. Take a teddy bear and place it on your tummy. Inhale slowly and exhale slowly. Focus on the bear; see how it goes up and down with the breath.

Bumblebee breath



Inhale through your nose, keeping your mouth closed. With your mouth closed make a humming/buzzing noise (like a bumblebee) as you exhale.

Balloon breath



Cup your hands around your mouth. Inhale deeply, and on the exhale (through the mouth) expand your hands outward, as if you are blowing up a giant balloon.

Hoberman sphere breathing



Take a deep breath in deeply and expand the ball. Pause for moment, with your lungs full. Breathe out and let the ball contract. Repeat a few times.