



Breathing Exercises

Experience

Invite your child to lie down on their back on the floor and put their selected toy on their belly near their belly button.

Ask your child to keep their eyes on the toy as they take a deep breath in and let it out.

Use a narrative/story to match the toy, for example tell them a story of a duck on a wavy pond.

Note: Toy could be a small teddy, rubber duck etc

Learning benefits

- Children will learn how deep breathing feels
- Children will learn that breathing is something that they can control and can be used to calm down
- Concentration: aids focus on a single task



5 mins



3 - 5 years

Materials

Small toy

Hints and Tips

Indoors or outdoors

Ask your child to breathe in different patterns and ask what they notice about how the toy moves. Ask how they feel with short quick breaths vs calm deep breaths.