

DEEP BREATHING EXERCISE

Teaching little ones how to take 3 calming, deep breaths.

Instructions:

Lie down on the floor.

Place a small stone or this book on your belly button area and breathe in through your nose for a count of three.

Focus on making the stone/book move up by pushing your belly out as you breathe in through your nose, hold for three seconds, then breathe out from your mouth for three, allowing the object to lower as you deflate your belly.

Repeat this breathing practice three to four times.

Tip: Create a special thought rock by painting a stone with different coloured rings for this breathing exercise.

