

Relax children's breathing with deep belly breaths

To help children relax their breathing, we should aim to support them to do deep belly breaths.

As they breathe in, their belly should expand, and when they breathe out, their belly should contract.

Here are some tips to help children practice deep belly breathing;

- Have children place one hand on their belly
- Encourage them to take a deep breath in through their nose, filling their lungs with air downwards towards the belly
- Ask them to notice how their belly expands moving their hand upwards
- Then tell the children to breathe out slowly through their mouth, feeling their hand lower back down.



Breathing buddies

Breathing buddies are a fun way to help children connect with their breathing.

Have children lie down flat on their backs and place a favourite toy or resource on their belly. Have them take a deep breath in and watch their buddy rise up and then down as they breathe.