

# MINDFUL BREATHING FOR KIDS

Let's make mindfulness fun!

*Just keep breathing...*

## 1. THE POWER OF BREATHING

START  
HERE

First, we need to teach our kids how to breathe deeply. Trace the shape below, breathe in deeply while tracing the first half of the design, then, exhale slowly while tracing the second half of the shape.



## 2. 10 DEEP BREATHS

Put your hands on your belly and fill it up with your biggest breath. Like this: Inhale for one, feel your belly fill and expand. Exhale for two, feel your belly go down. Do this ten times. Can you feel your body sink into relaxation? Try this whenever you feel anxious or angry.

## 3. SET A TIMER

Set a timer for one minute. Sit cross-legged on the floor, in a chair, or outside in the grass and breathe in and out deeply (without talking) until the timer goes off. Pay close attention to any sounds you hear around you or any sensations felt in your body. Just notice. If your mind wanders, pull it back to the breath.

