Breathing Exercises

Grounding and Anxiety Management with Young Children Series: Part 3 of 3

Be Calm
This video features breathing exercises to calm your kiddo, and help them regulate their emotions at any given moment.
The exercises featured are:
- Candle breath
- Hot chocolate
- Flower breath
- Count to five
- Bear breath
- Your favorite color

Focus
This video has exercises to help your child be able to focus, and in turn, be able to complete the tasks they need to do- whether at home or in school.
The exercises featured are:
- Rainstorm
- Snake breath
- Waves on the water
- Be a bumblebee
- Listen
- Where is your breath?

Imagine
This video focuses on awakening and expanding your child’s imagination.
The exercises featured are:
- Clouds
- Kindness
- Imagine you’re a tree
- Send good thoughts
- Create something new
- Today I’m going to be...

Make Some Energy
This video is a great one to get your kiddo moving and energetic if they’ve had a quiet day and are ready to get the wiggles out!
The exercises featured are:
- 1-2-3 Clap
- Bunny breath
- Wake up your face
- Twister
- Hot soup
- Lion breath

The entire playlist for these videos can be found at: https://www.youtube.com/playlist?list=FLAUMOgHveOnTV3M-6wJ9-%B6bEmCT0p