

# Breathing Buddies:(Ages

**4+)** <http://blissfulkids.com/mindfulness-exercises-for-kids-teddy-bear-belly-breathing/>

## How does it help students?

- Learn to focus
- Calm down (sympathetic nervous system hyperactivity)
- Reduces stress

## What do you need?

- Space on the floor or room to sprawl out on a chair.
- A “buddy” (stuffed animal, etc.)

## How do we do it?

1. Belly breathing- ask the child to lay down on their back and place their hands (or the child's favorite stuffed animal) on their stomach.
2. As you count to three instruct the children to breath in through their nose.
3. Throughout the exercise tell the children to “fill their bellies with air” and to pay attention to their stuffed animal (or hands) and see them rise and fall with their breath.
4. Now ask them to exhale through their mouth for 4 counts, and again ask them to observe what is happening to their “breathing buddy”, and how their buddy will go down as their belly is shrinking.
5. Repeat the exercise 5 to 10 times to start. Increase as the child gets more comfortable with the exercise.