

BREATHING CARDS

<https://childhood101.com/fun-breathing-exercises-for-kids/>

How does it help students?

1. Managing emotions (when they feel overwhelmed)
2. A good “brain break” slows down the mind and body

What do I need?

The cards can be printed from the following link:

<https://childhood101.com/wp-content/uploads/2017/03/Calm-Down-Brain-Break-Breathing-Exercise-Cards.pdf>

How do we do it?

1. Select a card and read the type of breathing exercise
2. Follow the instructions listed on the card
3. Continue the exercise for 2-5 minutes

You can select from the following activities:

- Back to Back Breathing
- Tummy Breathing
- Elephant Breathing
- Bubble Breathing
- Balloon Breathing
- Shoulder Roll Breathing
- Take 5 Breathing
- Bumblebee Breathing