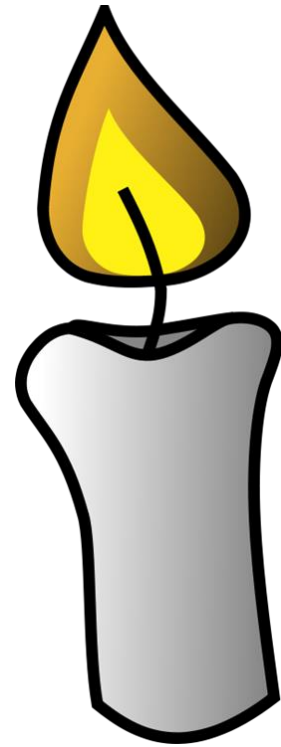


Calm Breathing Ideas

Special Educational Needs Early Years Inclusion Service



Flower & Candle



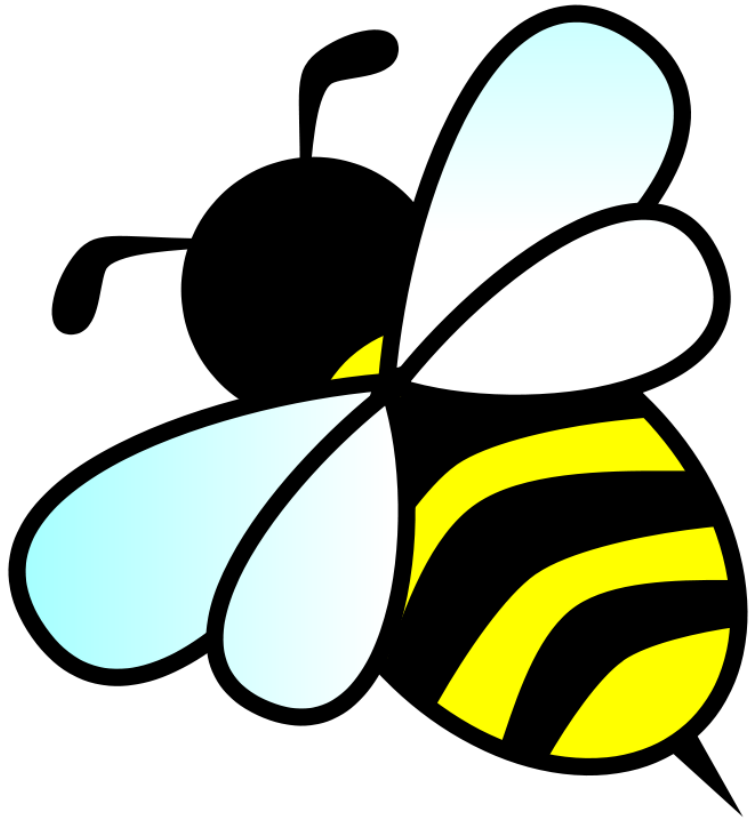
- Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.
- Breathe in slowly through your nose as you 'smell' the flower.
- Breathe out slowly through your mouth as you 'blow' out the candle.
- Repeat as needed.

The Bunny



- Take 3 quick sniffs in through your nose.
- Then take one long breath out of the nose.
- You can pretend to be a bunny, sniffing the air to find carrots to eat.
- Repeat as needed.

The Bumble Bee



- Take a long deep breath in through your nose.
- Put your fingers in your ears.
- Then blow out slowly through your nose while humming.
- Repeat as needed

The Snake



- Take a long deep breath in through your nose.
- Then blow out slowly through your mouth making a long hissing sound.
- Repeat as needed

Hot Air Balloon



- Cup your hands round your mouth.
- Take a deep breath in through your nose and slowly start to blow out through your mouth.
- Move your hands outwards in time with your breath as if you are blowing up a big hot air balloon.
- Once it is 'big' enough, push it away.

Birthday Candles



- Hold your hand up in a high five.
- Ask your child to blow out each of the 'candles'.
- As they do this, you drop a finger one by one.

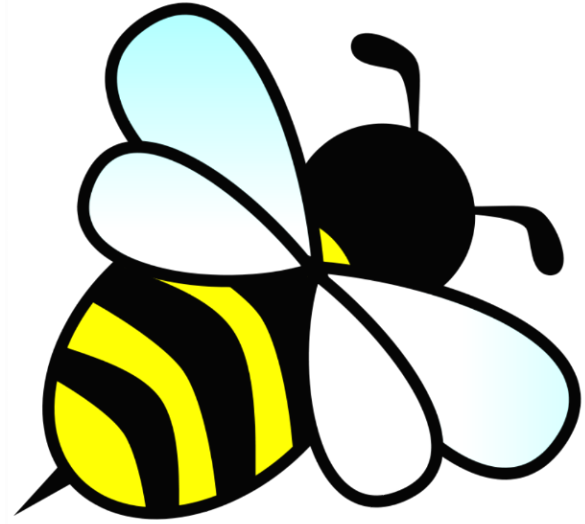
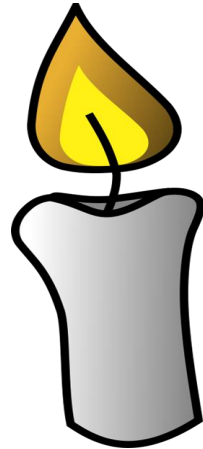
Bubbles



- Blowing bubbles involves taking a deep breath then controlled breathing out.
- Ask your child to try and blow different sized bubbles e.g. ‘Blow one big bubble.’, ‘Blow lots of little bubbles.’

Cue Cards

- Cut out these cards and present each time you practise calm breathing.



Cue Cards 2

