

# Breathe Easy:

## Deep Breathing Exercises to Calm and Empower Your Child



Deep breathing is a powerful tool to help children and adolescents manage anxiety and depression. When a child is distressed, their breathing becomes shallow and rapid, increasing stress. Practicing deep breathing helps slow down their breathing, calming both mind and body. This simple technique reduces stress symptoms and promotes relaxation. This exercise can be done anywhere and is helpful before stressful situations like tests or social events. As a parent, teaching and supporting these practices can help your child cope with emotional challenges.

### Deep Breathing Exercises for Children

#### General Deep Breathing Technique

To help your child manage anxiety, teach them this simple deep breathing technique:

Start here

Hold

1

Breathe In

Hold

1

- Inhale slowly through the nose for a count of five.
- Focus on the sensation of air filling your lungs.

2

- Hold the breath for another count of five.
- Ensure your child is comfortable, but the hold should last longer than an ordinary breath.

3

- Exhale slowly through the mouth for a count of five.
- Imagine breathing out through a straw to help slow down the exhale.
- If needed, practice with a real straw to get the hang of it.

4

- Repeat this process several times until feeling more relaxed.

4

Repeat

2

Hold the breath

Hold

3

Breath Out

Hold



## Techniques for Young Children



- 1. Balloon Breathing:** "Imagine blowing up a big, colorful balloon. Breathe in through your nose, then slowly blow out through your mouth to inflate the balloon. Repeat several times."



- 2. Teddy Bear Breathing:** Have your child lie down and place a teddy bear on their belly. Instruct them to breathe in through their nose and watch the teddy bear rise. Then, breathe out slowly through their mouth and watch it fall.



- 3. Dandelion Breathing:** "Pretend to hold a dandelion. Breathe in through your nose as you 'smell the flower', then slowly breathe out through your mouth as you 'make your dandelion wish.' Repeat several times."



- 4. Dragon Breathing:** "Pretend to be a dragon! Breathe in through your nose, filling your belly with air. Then, breathe out strongly through your mouth like you are breathing fire!"



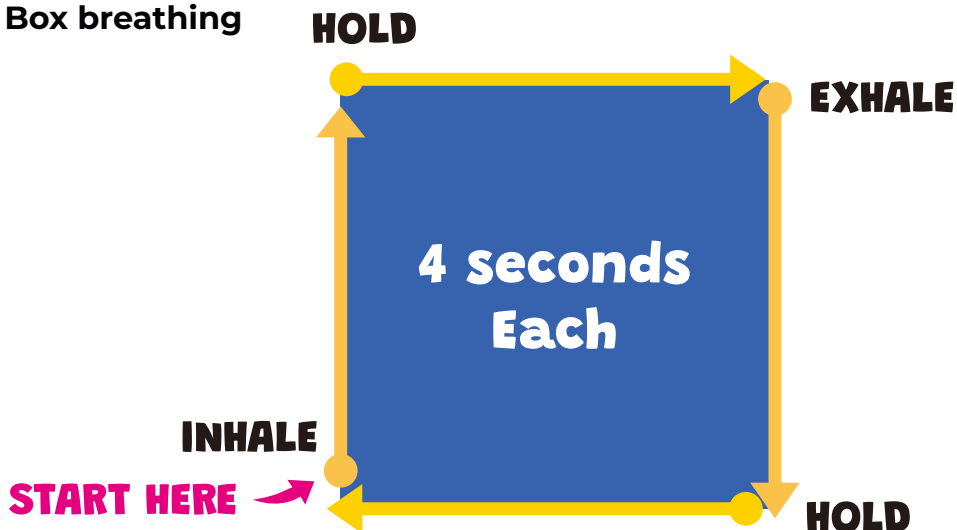
- 5. Rainbow Breathing:** "Imagine painting a rainbow with your breath. Breathe in through your nose, and as you breathe out through your mouth, imagine drawing a color of the rainbow. Continue until the rainbow is complete."



- 6. Bubble Breathing:** "Pretend to blow bubbles. Breathe in through your nose, then blow out slowly through your mouth as if blowing bubbles. Encourage gentle blowing to make the bubbles float away."

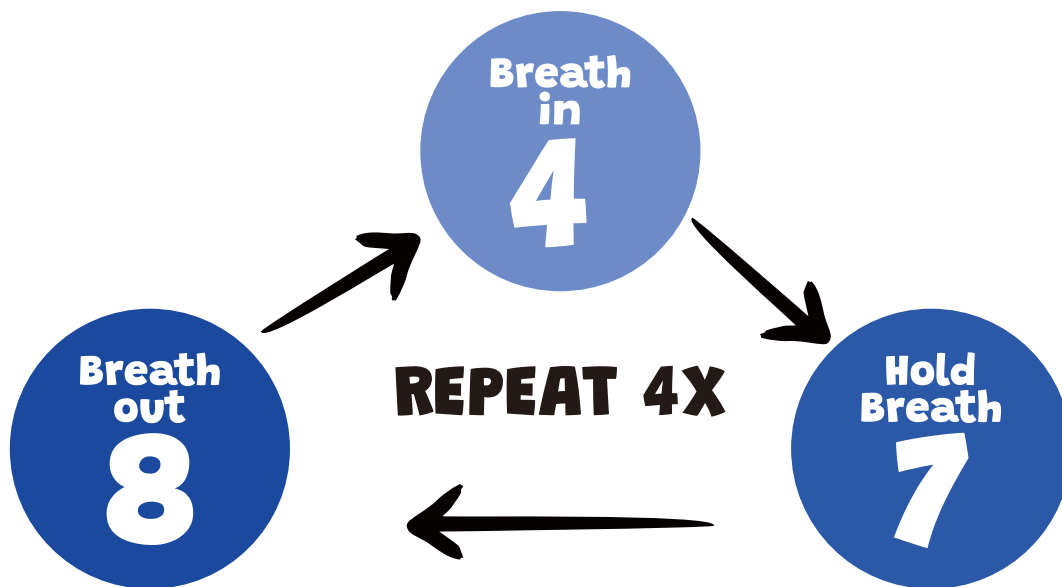
## Techniques for Tweens and Teens

### 1. Box breathing



- Inhale through your nose for a count of four.
- Hold your breath for a count of four.
- Exhale through your mouth for a count of four.
- Hold your breath for a count of four. Repeat.

### 2. 4-7-8 Breathing



- Inhale through your nose for a count of four.
- Hold your breath for a count of seven.
- Exhale through your mouth for a count of eight. Repeat.

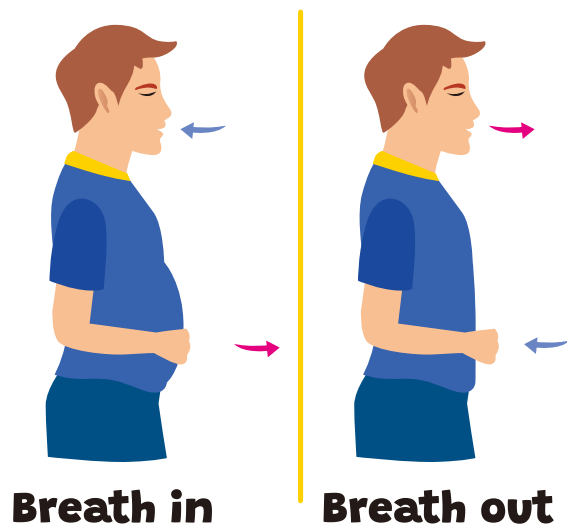
## Techniques for Tweens and Teens

### 3. Mindful Breathing



- Sit or lie down comfortably. Close your eyes. Breathe in through your nose, feeling your lungs fill with air. Exhale through your mouth, focusing on the sensation. Repeat.

### 4. Belly Breathing



- Place one hand on your chest and the other on your belly. Inhale through your nose, letting your belly rise. Exhale through your mouth, feeling your belly fall. Repeat.



## Techniques for Tweens and Teens

### 5. Alternate Nostril Breathing



- Close your right nostril with your thumb. Inhale through your left nostril. Close your left nostril with your ring finger, release your right nostril, and exhale through it. Inhale through your right nostril, close it, release your left nostril, and exhale through it. Repeat.



**Practicing these deep breathing exercises regularly can help manage anxiety, improve focus, and control emotions. Encourage your child to try them and see the benefits!**