

Birthday Candle Breathing

Birthday Candle Breathing helps children slow their breathing and calm their bodies. Take a slow breath in through your nose as though you are smelling a birthday cake. Then gently breathe out through your mouth as though you are blowing out the candle. Repeat 3–5 times or until your body begins to feel calm.

Teacher Tip:

Model the breathing slowly and practice alongside the child. Encourage a long, gentle breath out rather than one quick, forceful blow. Practice during calm moments so the strategy is familiar when big feelings arise.

BIRTHDAY CANDLE BREATHING

Take a deep breath in through your nose like you are smelling the cake. Blow out slowly through your mouth like you are blowing out a birthday candle.

1. BREATHE IN



Smell the cake.
Breathe in slowly through your nose.

2. BLOW OUT



Blow out the candle.
Breathe out slowly through your mouth.



Repeat 3–5 times or until your body feels calm.



TEACHER TIP:

Model the steps for students and practice together. Use this strategy during transitions, before challenging tasks, or anytime students need a calming break.

