

Balloon Breathing

When to use: Feeling frustrated, worried, angry, overwhelmed, or excited.

Teaching Tip: Model the breathing yourself. Children learn best when adults breathe with them.

BALLOON BREATHING

Breathe in calm. Breathe out stress.

1

BREATHE IN

Breathe in slowly through your nose and fill your belly like you're filling a balloon.



Belly gets bigger as you breathe in.

2

HOLD

Hold your breath for a moment.

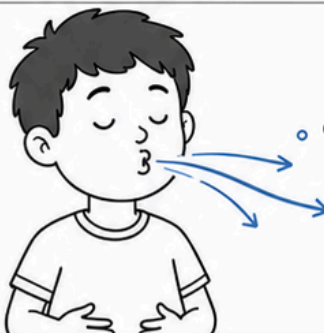


Hold it...

3

BREATHE OUT

Blow out slowly through your mouth and watch your balloon empty.

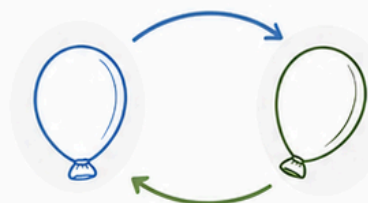


Belly gets smaller as you breathe out.

4

REPEAT

Keep breathing in and out like a balloon. Do this as many times as you need to feel calm and relaxed.



In... hold... out... repeat...