

BREATHE IN. CALM DOWN. YOU'VE GOT THIS!

Name: _____

Date: _____

Right now I feel: _____



Take a
breath.
Feel better.

The regulation of breathing and the body are central relaxation techniques. When we take slow, deep breaths, our body and mind feel calm and safe. 

LET'S PRACTICE TWO WAYS TO BREATHE AND RELAX!

1 BELLY BREATHING

This is really helpful for kids!

Take slow, deep breaths that fill your belly.



BREATHE IN
through your nose.
Feel your belly
get **BIGGER** like
a **balloon**.



BREATHE OUT
through your mouth.
Feel your belly
get **SMALLER** like
a balloon letting
the air out.

 Watch Elmo show you how!

Search "Elmo Belly Breathing" on **YouTube**
for a super cute tutorial!



LET'S PRACTICE!

Take 3 belly breaths. Draw how your belly felt.



How do you feel now? _____

2 COUNTING UNTIL 5

This helps your body relax.

Let's count as we breathe!

BREATHE IN

Take a deep breath in
through your nose and
count slowly...

1 2 3
4 5

BREATHE OUT

Now breathe out slowly
through your mouth and
count slowly...

1 2 3 4 5
6 7 8 9 10



Do this 3–5 times
whenever you need
to feel calm.

LET'S PRACTICE!

Try breathing in and counting to 5,
then out and counting to 10.
Do it 3 times!



How do you feel now?



You can use these breathing tools anytime, anywhere!
Breathe in calm. Breathe out stress.

