



## Fun and Peaceful

# Breathing Exercises

### Exercise #1



- Give your child a flower. It can be real or fake. It can even be a drawing or a sticker!
- Give your child an unlit birthday candle to hold in their other hand.
- Ask them to smell the flower deeply and then have them pretend to blow out the candle. Ask them to repeat this several times.



### Exercise #2

- Have your child lay down on their back.
  - Place a stuffed animal on their belly.
- As your child breathes, ask them to watch the animal move up and down.

### Exercise #3

- Blow bubbles with your child!
- Your child may enjoy poking the bubbles too.

*These activities will help your child practice deep breathing. If they enjoy any of the activities, you can then encourage them to do one in times of stress. This may help them to calm themselves and manage their feelings. These activities will also assist with following directions (Obj. 8b) and using fingers and hands (Obj. 7a).*