

Daily Mindfulness

Join your child to
practice 4 basic
breathing exercises



Count the Breaths

Lie on the floor
place a small stuffed animal on
your stomach.

Inhale deeply
see the rising and falling of the
stuffed animal on your stomach
count out loudly each time you
exhale.



Shoulder roll breathing

Choose a comfortable sitting
position.

Take a slow deep breathe in
through your nose.

Raise your shoulders up towards
your ears.

Breathe slowly out through your
mouth



Elephant breathing

Stand with your feet wide apart
dangle your arms in front of your
body (**like an Elephants trunk**)

Breathe in through your nose,
and raise your arms above your
head. Breathe out through your
mouth, as you slowly move your
arms back to the Elephant truck



Balloon

Think of your stomach as a
balloon. Put your hand on your
stomach to fill it rise and fall.

Take a deep breath in through
your nose to fill your balloon.

Breathe out through your mouth
to deflate your balloon
repeat 5x