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What is Breathing Exercises

Breathing exercises help kids calm down and focus better.

DEFINITION

> Breathing exercises are simple techniques that teach kids how to breathe deeply and slowly. They help manage emotions and improve concentration.

KEY CONCEPTS

Deep Breathing

Involves taking slow, deep breaths to fill the lungs completely.

Counted Breaths

Breathing in for a count of four, holding for four, and exhaling for four.

Visualization

Imagining a peaceful scene while breathing to enhance relaxation.

Mindful Breathing

Focusing attention on the breath to stay present and calm.

Breath Awareness

Noticing how the body feels while breathing to promote mindfulness.

EXAMPLES

→ Breathe in deeply through the nose, then exhale slowly through the mouth.

→ Count to four while inhaling, hold for four, and exhale for four.

→ Imagine blowing up a balloon as you breathe out.

MEMORY TIPS

★ Use the phrase 'Inhale peace, exhale stress' to remember the purpose.

★ Think of breathing like a wave: it rises and falls.

★ Associate each breath with a calming color, like blue for calm.

COMMON MISTAKES

✗ Breathing too quickly instead of slowly.

✗ Forgetting to focus on the breath.

✗ Holding breath for too long.

QUICK RECAP

Breathing exercises are techniques that help kids relax and focus. They involve deep, slow breaths and can be enhanced with counting or visualization. Practicing these exercises can improve emotional regulation and concentration.