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What is Breathing for Kids

Breathing Techniques: Essential Skills for Kids' Yoga!

DEFINITION

> Breathing for kids is learning how to take deep, calm breaths to feel better and focus. It helps them relax and manage their emotions.

KEY CONCEPTS

Deep Breathing

This involves inhaling deeply through the nose and exhaling slowly through the mouth.

Belly Breathing

Kids can place their hands on their bellies to feel it rise and fall as they breathe.

Counted Breaths

Counting while breathing helps kids focus; they can inhale for 4 counts and exhale for 6.

Visualization

Imagining a peaceful scene while breathing can make the practice more enjoyable and calming.

Breathing Exercises

Simple exercises like 'balloon breathing' can make learning fun and engaging.

EXAMPLES

→ Inhale deeply, hold for a moment, then exhale slowly.

→ Pretend to blow up a balloon while breathing out.

→ Count to 4 while inhaling and 6 while exhaling.

MEMORY TIPS

★ Think of your breath as a wave: it rises and falls.

★ Use the phrase 'In for calm, out for stress' to remember breathing patterns.

★ Visualize blowing bubbles to remember to exhale slowly.

COMMON MISTAKES

✗ Breathing too quickly instead of slowly.

✗ Forgetting to use the belly for deep breaths.

✗ Not focusing on the breath and getting distracted.

QUICK RECAP

Breathing for kids involves techniques like deep and belly breathing to promote relaxation. Practicing these methods helps improve focus and emotional management.