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What is Breathing for Kids

Breathing: The Superpower for Calm and Focus in Kids!

DEFINITION

Breathing for kids is the way we take in air to help our bodies and minds feel good. It can make us calm, focused, and ready to learn.

KEY CONCEPTS

Deep Breathing

Taking slow, deep breaths helps fill our lungs and relaxes our body.

Belly Breathing

Breathing deeply into the belly instead of the chest can help us feel more relaxed.

Breathing Techniques

Different methods, like counting breaths or using imagery, can make breathing fun and effective.

Mindfulness

Being aware of our breath helps us stay focused and calm in the moment.

Breath and Emotions

Breathing can help us manage our feelings, like anxiety or excitement.

EXAMPLES

- Inhale for 4 counts, hold for 4, exhale for 4.
- Pretend to blow up a balloon while breathing out.
- Use a stuffed animal on your belly to watch it rise and fall.

MEMORY TIPS

- ★ Think of breathing as 'in and out like a wave.'
- ★ Use the phrase 'breathe in calm, breathe out stress' to remember the purpose.
- ★ Visualize a balloon inflating and deflating with each breath.

COMMON MISTAKES

- ✗ Breathing too quickly instead of slowly.
- ✗ Forgetting to breathe through the nose.
- ✗ Not using the belly to breathe deeply.

QUICK RECAP

Breathing is essential for kids to feel calm and focused. Techniques like deep and belly breathing can help manage emotions and improve concentration. Remember to practice slowly and mindfully for the best results.