

# Dragon Fire Breathing

The way we breathe is closely related to how we feel inside.

When we experience anger, fear, or anxiety, our sympathetic nervous system becomes more active, causing us to breathe harder.

When we want to enter a mindful state and take control of our breathing, we can activate our parasympathetic system instead, calming down our bodies and minds.

This worksheet introduces a simple *Dragon Fire Breathing* exercise that helps to diffuse physical tension within the body. It can be performed by kids of any age.

Children can learn to practice *Dragon Fire Breathing* to calm down and relax whenever they find themselves in - or dangerously close to - an emotionally volatile situation.

Simply walk them through the steps below.

## How To: Dragon Fire Breathing

1. Sitting or kneeling on the floor, straighten your spine and cross your legs comfortably.
2. Slowly and deeply breathe in, using your nose to inhale
3. As you breathe out through your mouth, picture a powerful dragon and whisper a small roar!
4. If you like, you can stick your tongue out like a dragon, too. You might want to open your mouth wide and stick out your tongue like a powerful dragon would.
5. Start again from the top, repeating your *Dragon Fire Breathing* until you feel better.

## Make It Your Own!

Why not have some fun with your Dragon Fire Breathing? You could try...

- Lifting and lowering your arms each time you breathe, like a dragon flying!
- Exhaling for as long as you can, roaring as you go
- Practicing your Dragon Fire Breathing with friends, matching your in-and-out breaths together.

