

Deep Breathing For Kids

Script

Use this script to teach deep, calm breathing techniques to children.

This helpful technique centers and relaxes, and can be particularly useful for times when a child is feeling overwhelmed, nervous, scared, or angry.

Simply read through the script step by step, demonstrating and practicing together as you go.

To make it a habit, why not encourage practice kids to practice their deep breathing on a regular basis?

1	Deep Breathing is a great way to feel better when you're scared, nervous, or mad. When you breathe calmly and deeply, you're in control. You'll relax and feel much calmer.
2	Are you breathing right now? Great! That means you're already a pro! So Deep Breathing is going to be easy!
3	Gently take in some air through your mouth and nose. Just like this.
4	Now, let's sit up with a straight back, and with our feet and our legs down. This way, you can do Deep Breathing better with more air.
5	Next, let's try making a slow, long stream of fresh air going into your nose. Let's try that for a little bit!
6	All you need to do now is make a slow, long stream of air coming out through your mouth. Let's practice this now.
7	Deep Breathing is long, calm, and slow. Sometimes, Deep Breathing is better if you move your hands up when the air goes through your nose. And move your hands down when you make a slow, long stream of air come out your mouth.
8	Can you practice taking five breaths deeply, in and out? Well done!
9	Deep Breathing is something you can do any time, did you know? Whenever you feel nervous, scared, or angry, you can do Deep Breathing to feel better. You can even do Deep Breathing when you're with other people, and they may not even realize!

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| 10 | <p>Now that you're a pro, there's one secret to know about Deep Breathing.</p> <p>It's important that you practice it - same as you do with your favorite hobby!</p> <p>The more you practice, the more you'll get better at Deep Breathing.</p> <p>The best time to try it is when you're feeling good.</p> <p>It means that when you feel nervous, scared, or angry, you'll already be a Deep Breathing Pro!</p> |
| 11 | <p>Don't forget, you're in charge of your breathing.</p> <p>When you want to feel better, or good, try Deep Breathing.</p> |