



Project Pre-K TIPS



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Dear Parents,

This week we are working on using deep breathing (belly breathing or dragon breathing) to calm down.

Please take five minutes to practice deep breathing with your child. You will just need a stuffed animal or pillow from around the house and a place for your child to lie down for this activity. This activity is to help your child visualize their breath (see their belly moving and filling with air). We do not expect them to lay down every time they use deep breathing.

You can use the example below to guide the practice.

"We're going to practice belly breathing and I want you to really breathe deep and fill your belly with air so we're going to practice with this stuffed animal (or pillow)."

"Lay down on the floor (or bed) and put the stuffed animal (or pillow) on your belly. When you breathe in deep and fill your belly with air you will see the stuffed animal (or pillow) rise up when you breathe in, and go back down when you breathe out."

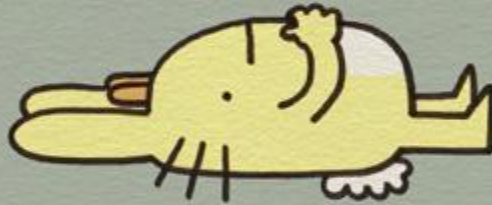
"Ready, breathe in through your nose, see the stuffed animal (or pillow) rise up, now breathe out through your mouth and watch the stuffed animal (or pillow) go back down."

Have your child breathe in for a count of 3 then out for a count of 5 and repeat the belly breathing cycle 3 times. Then have a quick conversation with your child about when they might want to use deep breathing. (When they are mad, sad, or very excited).

↑↑↑
INHALE



↓↓↓
EXHALE



↑↑↑
INHALE

