

Breathing Techniques

Flower Breath:

Imagine you're holding a beautiful flower and you want to smell it; breathe in deeply through the nose and it smells lovely so you breathe out a sigh through the mouth, with or without sound.



Feather Breath

Hold a feather with both hands. Inhale deeply as you look at the feather. With a long exhale, slowly blow the feather. Try to make the feathers softly move. Exhale as slowly and quietly as possible.



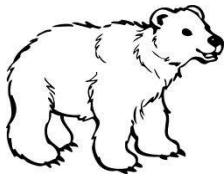
Hissing Breath:

Breathe in the nose, long deep inhale, and out the mouth on a hissing sound, slow and long.



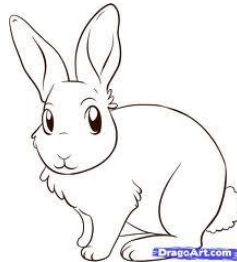
Bear Breath:

Imagine a bear hibernating. Inhale through the nose, pause; exhale out the nose, pause. Breathe in to a count of 3 or 4, pause for a count of 1 or 2; breath out for a count of 3 or 4, pause for a count of 1 or 2. Repeat a few times.



Bunny Breath:

Take three quick sniffs in the nose and one long exhale out the nose. Pretend to be bunnies, sniffing the air for other bunnies, carrots to eat, or safety.



Volcano Breath.

Facing the child, bring your hands to your heart in a prayer pose. Extend your hands straight up to the sky while inhaling deeply, and letting the hands fall to the sides during long, deep exhales.

