

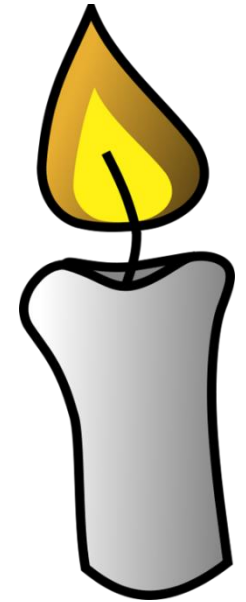
SEN Early Years Inclusion Service

Calm Breathing Ideas



Flower & Candle

- Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.
- Breathe in slowly through your nose as you 'smell' the flower.
- Breathe out slowly through your mouth as you 'blow' out the candle.
- Repeat as needed.



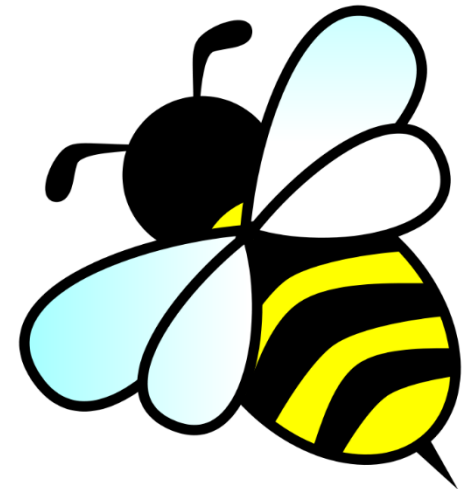
The Bunny

- Take 3 quick sniffs in through your nose.
- Then take one long breathe out of the nose.
- You can pretend to be a bunny, sniffing the air to find carrots to eat.
- Repeat as needed.



The Bumble Bee

- Take a long deep breath in through your nose.
- Put your fingers in your ears.
- Then blow out slowly through your nose while humming.
- Repeat as needed



The Snake

- Take a long deep breath in through your nose.
- Then blow out slowly through your mouth making a long hissing sound.
- Repeat as needed.



Hot Air Balloon

- Cup your hands round your mouth.
- Take a deep breath in through your nose and slowly start to blow out through your mouth.
- Move your hands outwards in time with your breath as if you are blowing up a big hot air balloon.
- Once it is 'big' enough, push it away.



Birthday Cake

- Hold your hand up in a high five.
- Ask your child to blow out each of the 'candles'.
- As they do this, you drop a finger one by one.



Bubbles

- Blowing bubbles involves taking a deep breath then controlled breathing out.
- Ask your child to try and blow different sized bubbles e.g. 'Blow one big bubble.', 'Blow lots of little bubbles.'



Cue Cards

Cut out these cards and present each time you practise calm breathing.

