Parent Guide

@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the Twinkl Parents website.

games

crafts

puzzles

experiments

word searches

What is this resource and how do I use it?

Mindful breathing strategies can be a great way to manage feelings of anxiety or high levels of stress. They can be useful coping strategies for both children and adults. Simply download or print this colourful sheet and try some mindful breathing techniques to help the whole family's wellbeing.

What skills does this practise?

- Mindfulness
- Coping Strategies
- Wellbeing
- Family Bonding

Further Activity Ideas and Suggestions

Ask your child how they are feeling before you try these breathing techniques, then check in after and see if they can feel the difference. For more support with mental health and wellbeing, head to our **Health and Wellbeing Hub** for a huge range of resources.

Parents Blog

Twinkl Kids' TV

Homework Help

twinkl Parents Hub

Bumble Bee Breath

1. Sit comfortably and close your eyes.
2. Take a couple of breaths.
3. Breathe in through your nose, keeping your lips sealed.
4. As you breathe out, hum an 'M' sound.
5. At the end of your breath, breathe in and repeat.
6. Can you feel the vibrations in your mouth?

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Warm Drink Breath

1. Sit comfortably and close your eyes.
2. Imagine you are holding a cup of warm drink in your hands.
3. Bring your cupped hands towards your face.
4. Breathe in through your nose and imagine what your drink smells like.
5. As you breathe out, imagine gently blowing the steam.
6. Repeat.

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Balloon Belly Breath

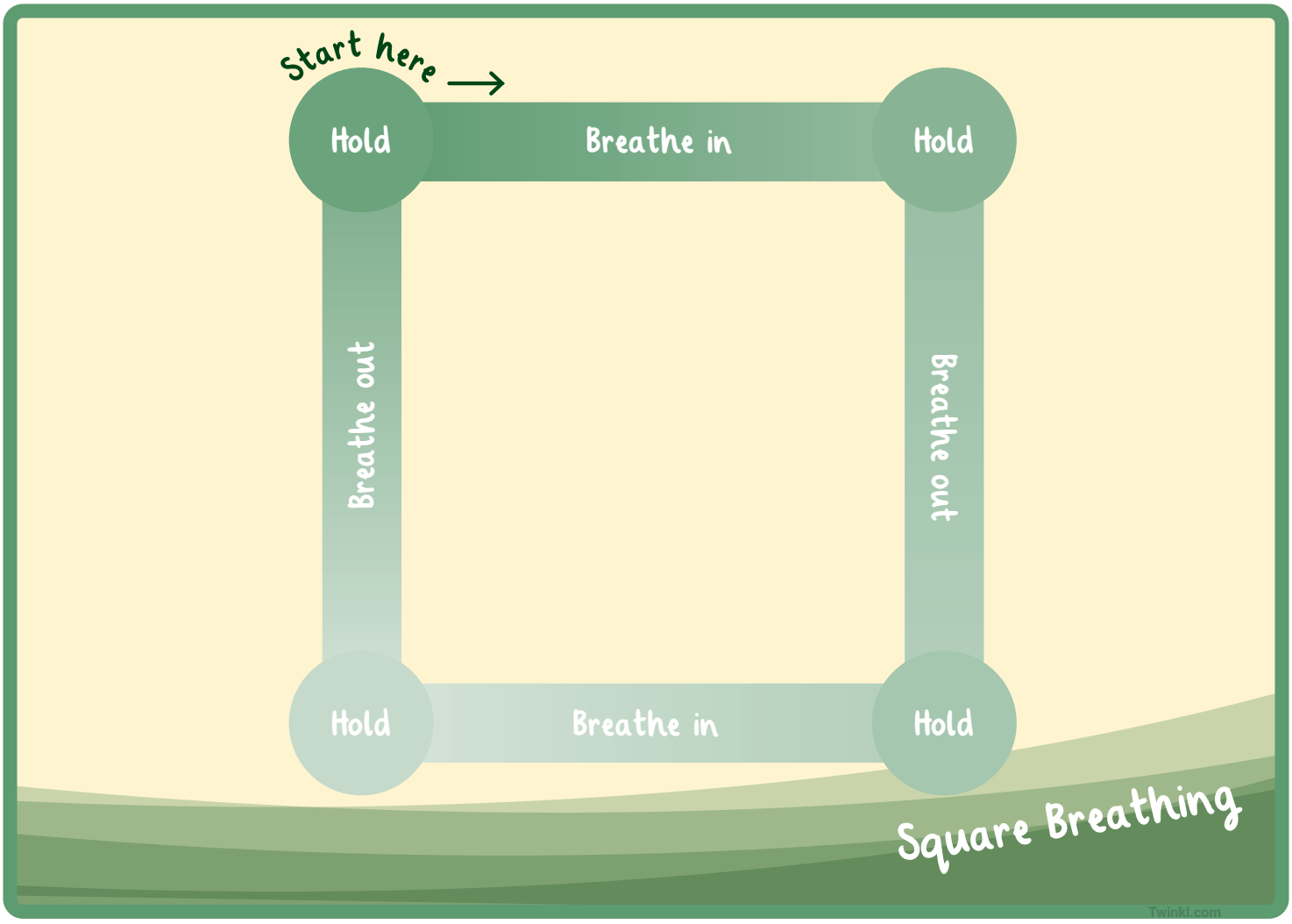
1. Sit comfortably and close your eyes.
2. Take a couple of natural breaths.
3. Breathe in and blow out your tummy. Your belly is like a balloon filling with air.
4. As you breathe out, your belly will go back down as there's no air left.
5. Repeat, being careful not to push your belly out too much.

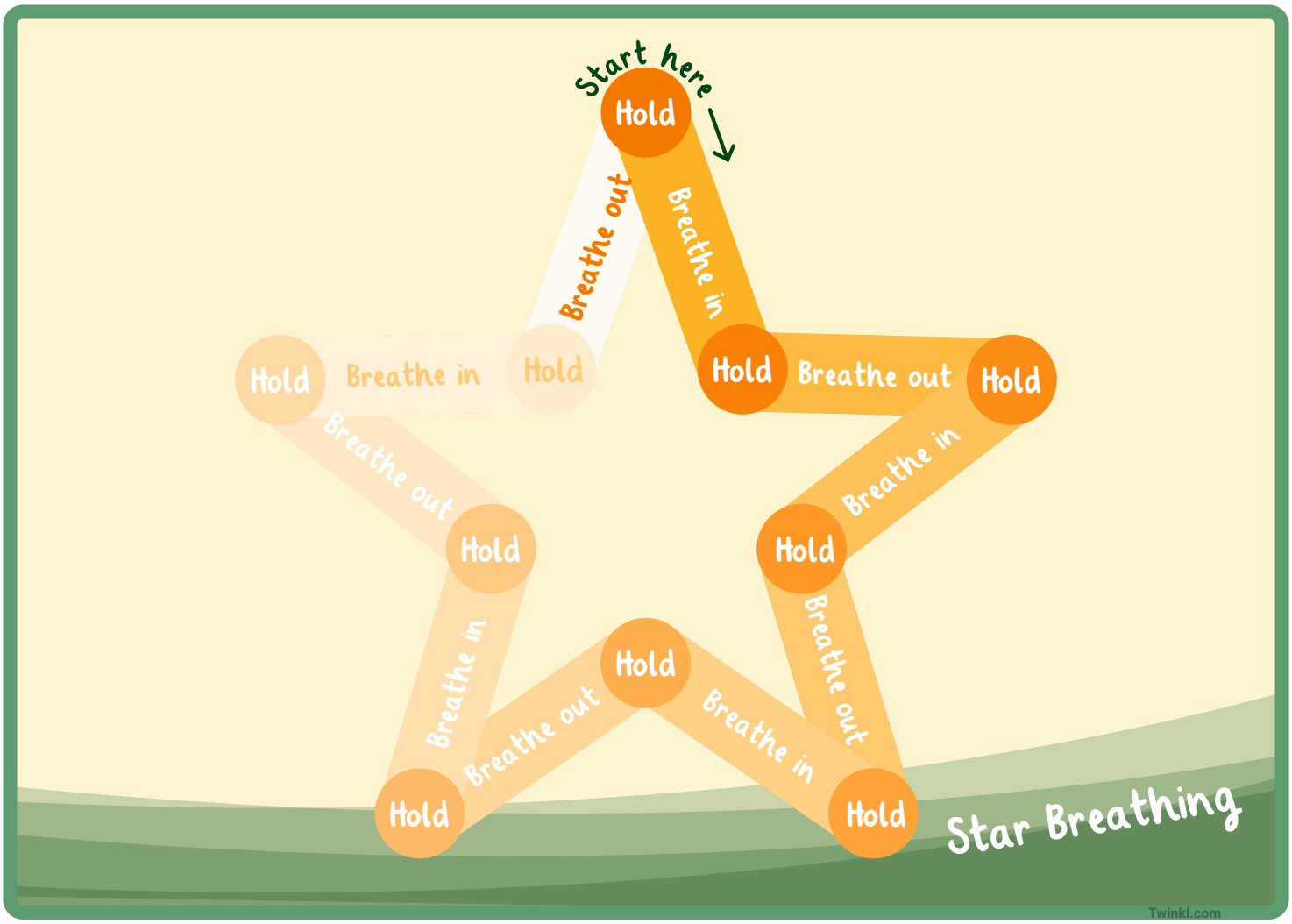
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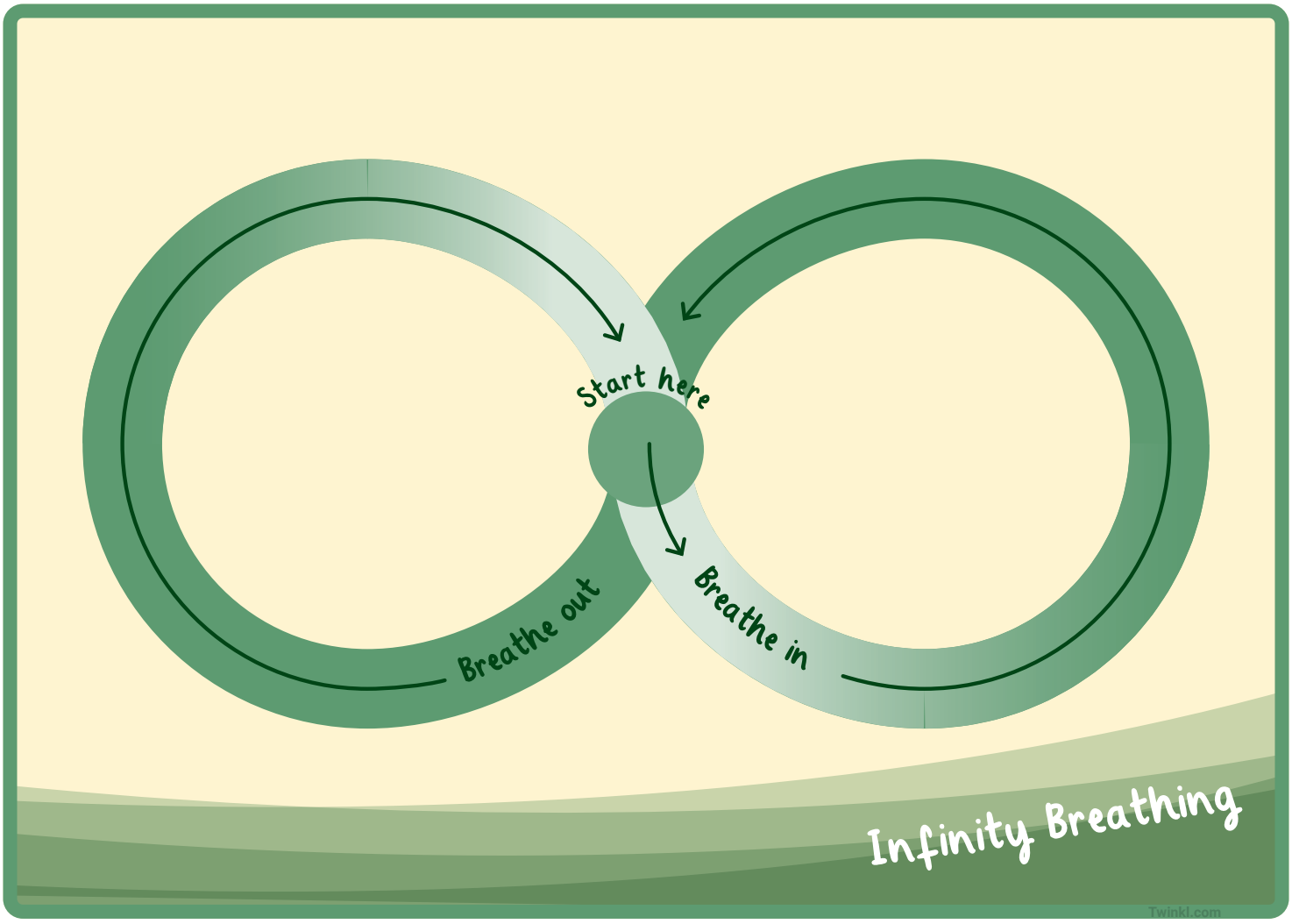
Hopping Bunny Breath

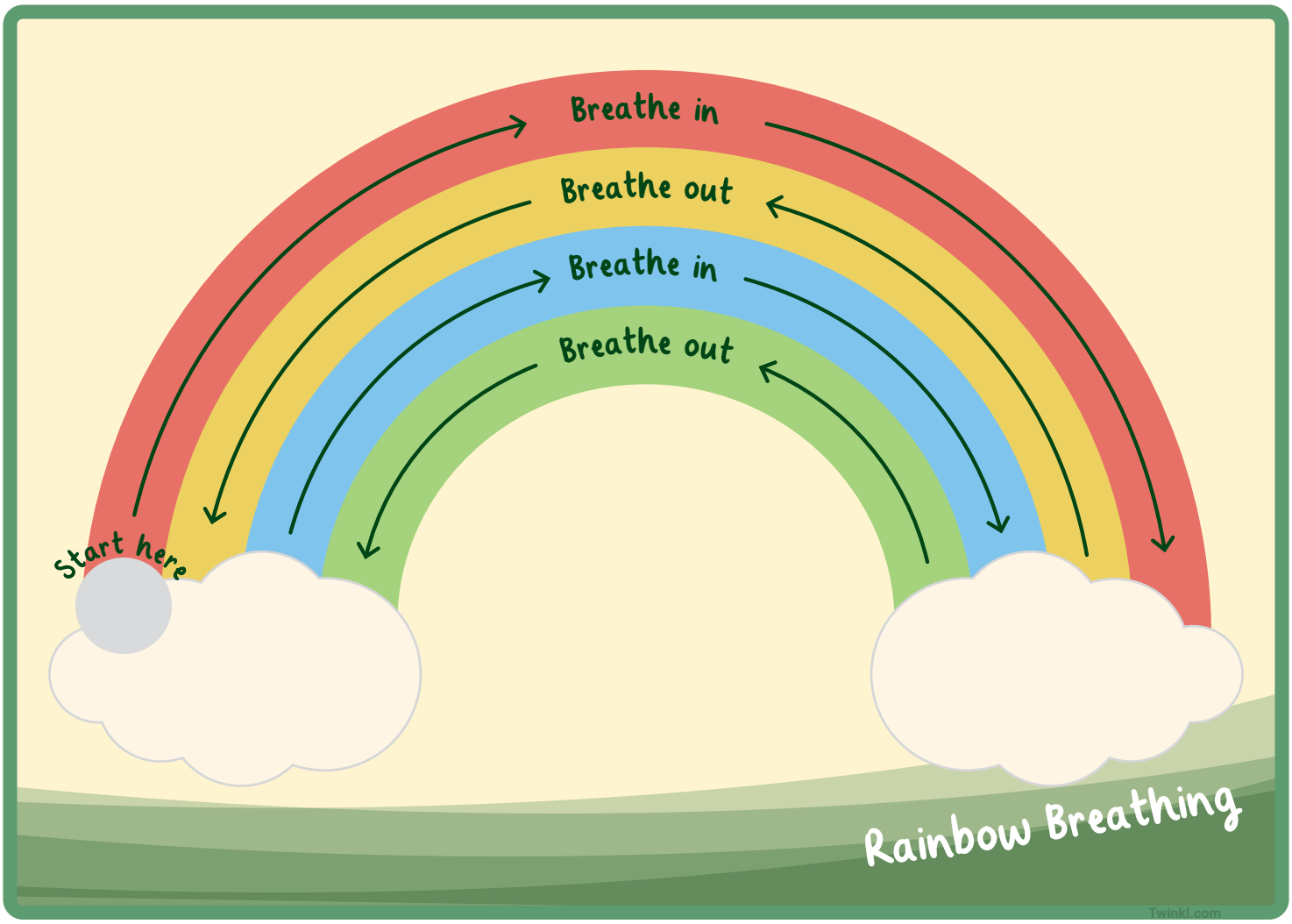
1. Sit comfortably and close your eyes.
2. Take a couple of natural breaths and sit up tall.
3. When you breathe in, inhale through your nose in three short sniffs. Imagine a bunny hopping along.
4. Breathe all of the air out.
5. Breathe in again with your bunny breaths.
6. Breathe out and repeat.

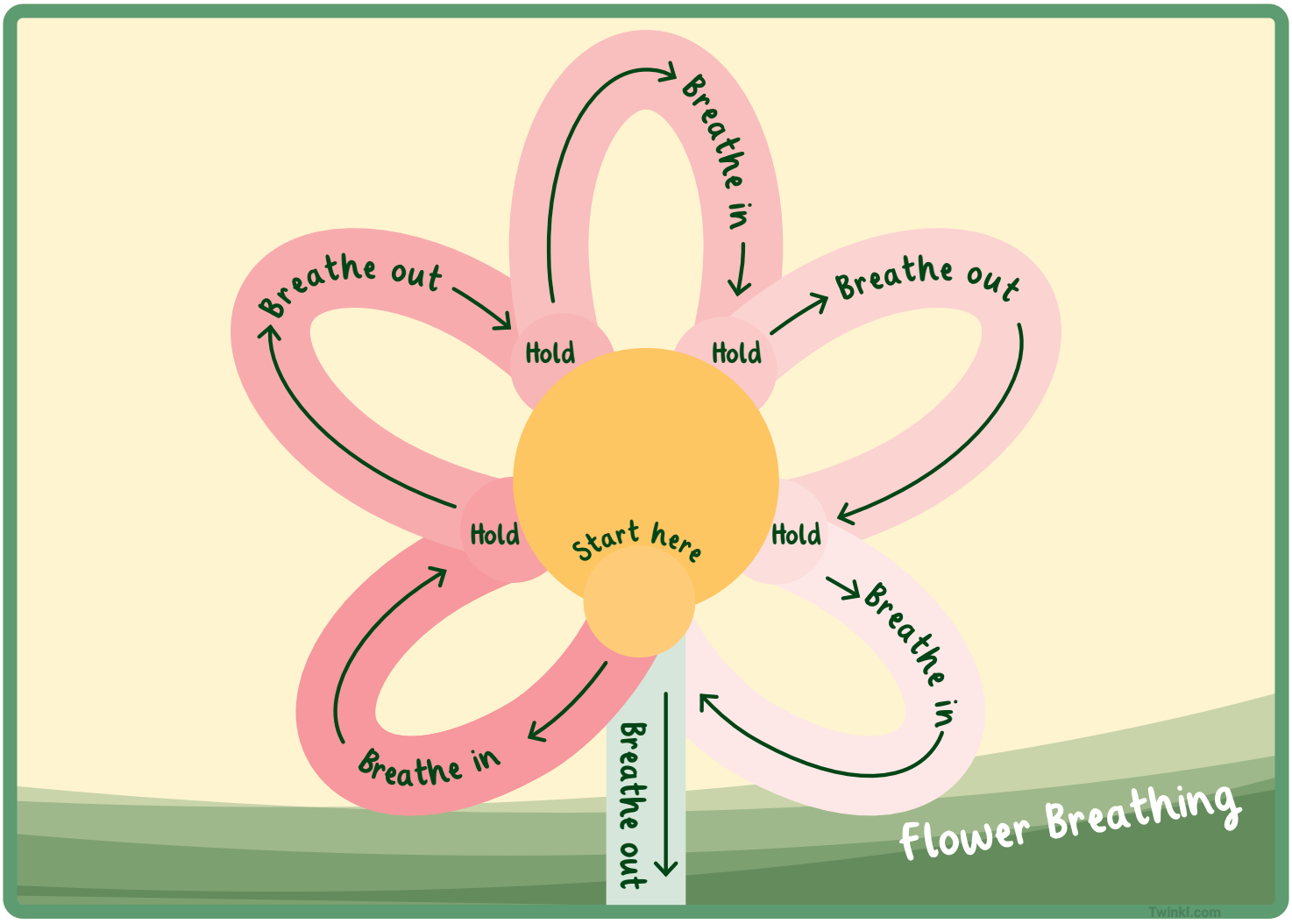
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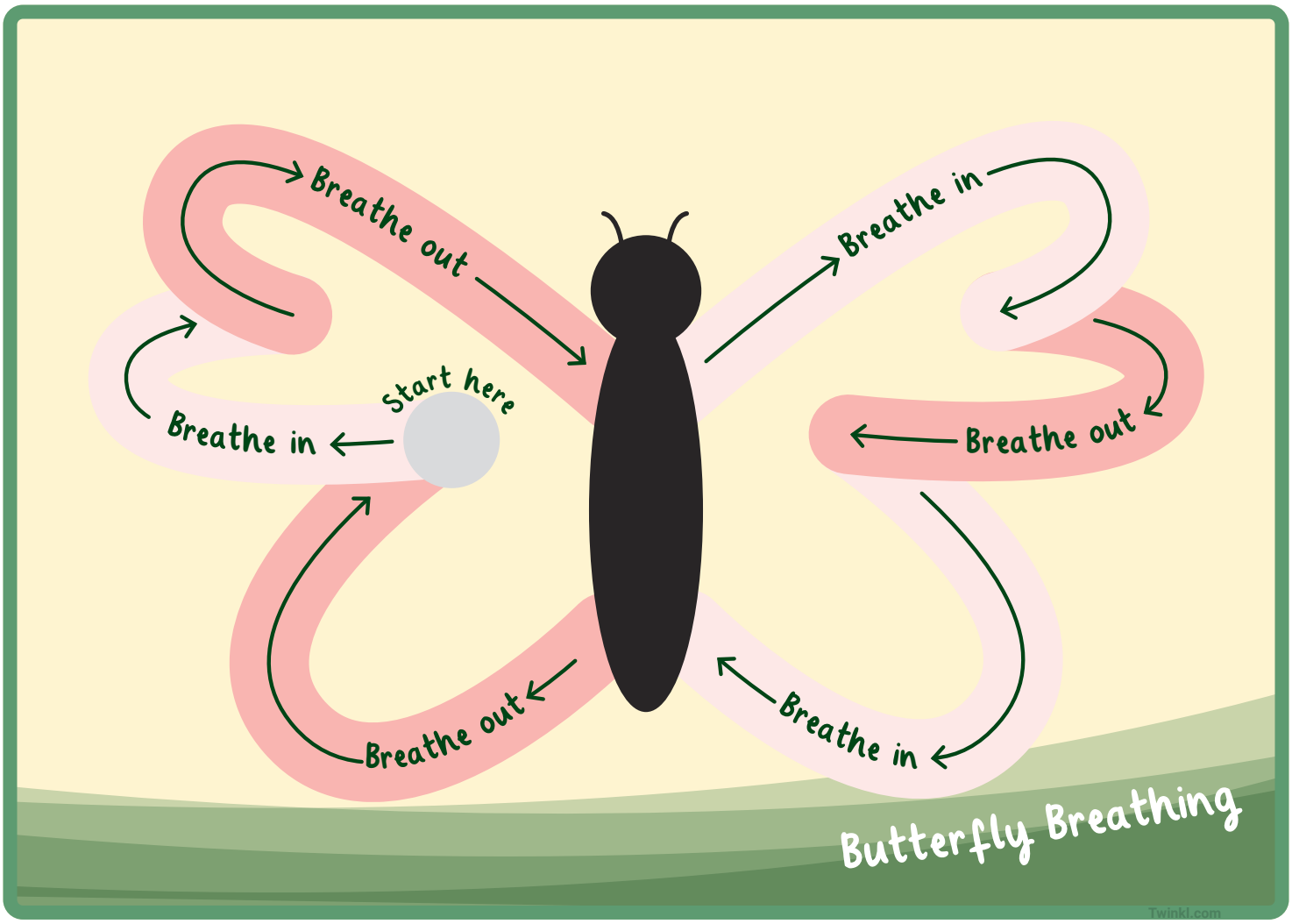

Start here
Hold
Breathe in
Hold
Breathe out
Breathe out
Hold
Breathe in
Hold
Square Breathing
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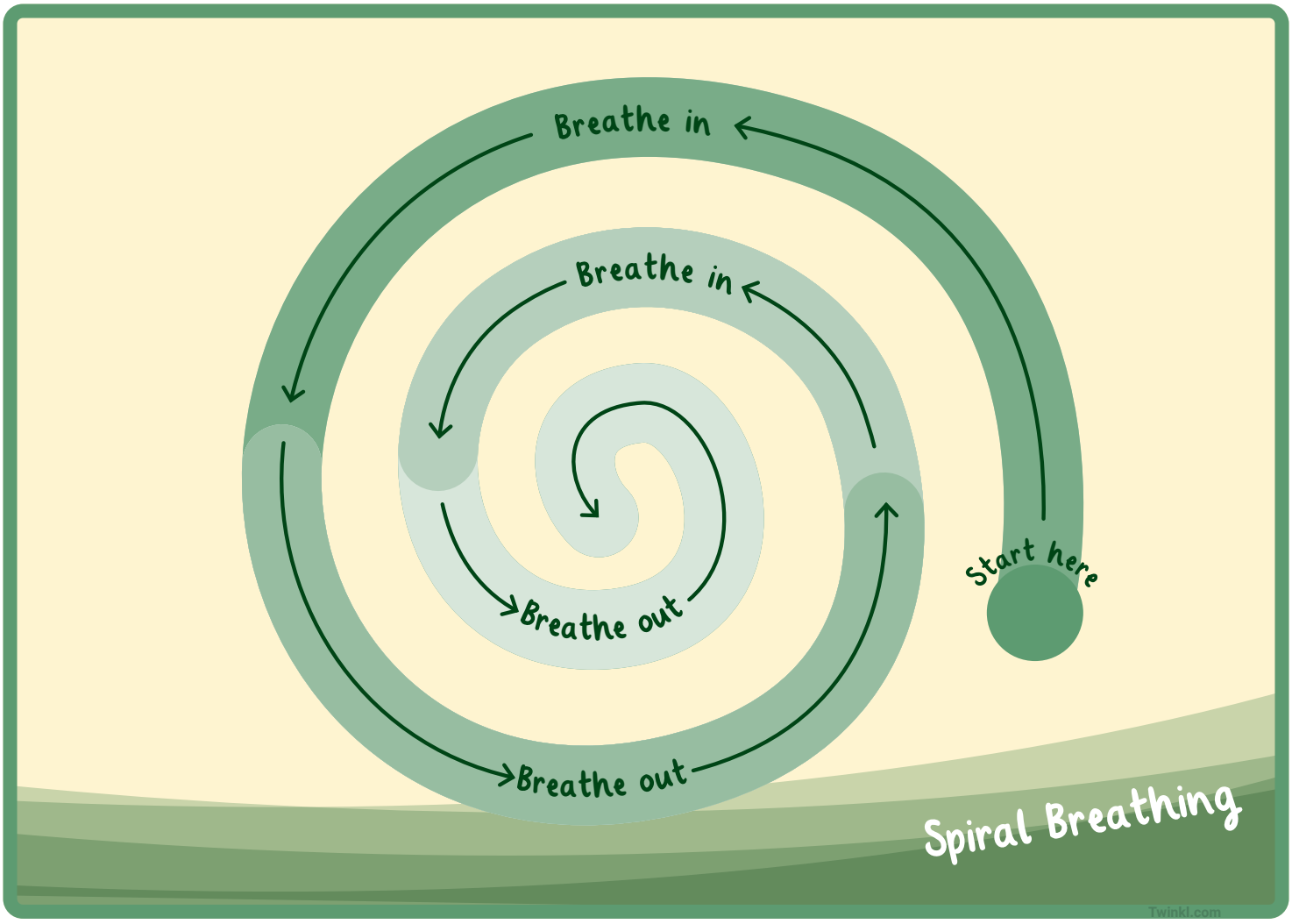

Start here
Hold
Breathe out
Breathe in
Hold
Breathe in
Hold
Hold
Breathe out
Hold
Breathe out
Hold
Breathe in
Hold
Breathe in
Hold
Breathe out
Hold
Breathe out
Hold
Breathe in
Hold
Star Breathing
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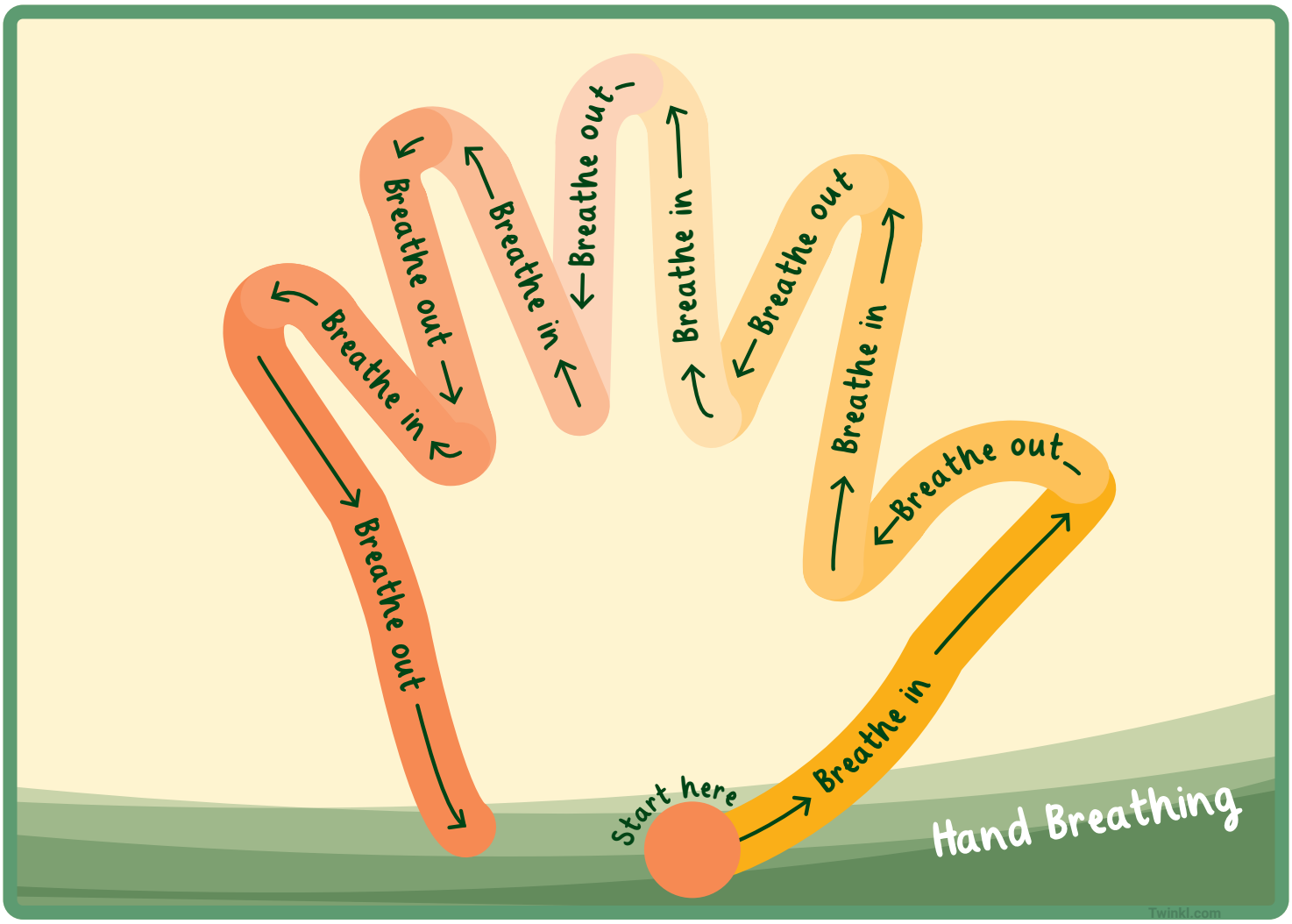

Start here
Breathe out
Breathe in
Infinity Breathing
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Breathe in
Breathe out
Breathe in
Breathe out
Start here
Rainbow Breathing
Twinkl.com


Breathe in
Breathe out
Hold
Hold
Breathe out
Hold
Start here
Hold
Breathe in
Breathe in
Breathe out
Flower Breathing
Twinkl.com


Breathe out
Breathe in
Start here
Breathe in
Breathe out
Breathe out
Breathe in
Butterfly Breathing
Twinkl.com


Breathe in
Breathe in
Breathe out
Start here
Breathe out
Spiral Breathing
Twinkl.com


Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Start here
Breathe in
Hand Breathing
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