



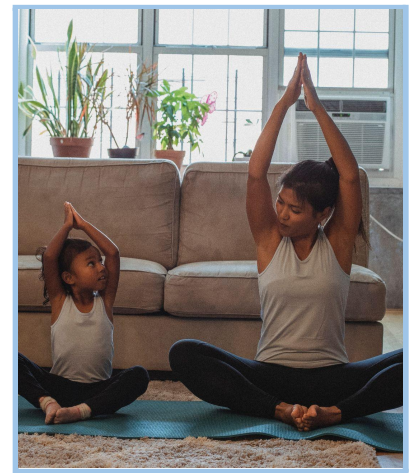
# Mindfulness: Breath Work for Kids and Adults

Kids and adults can use the breath to come back to the present moment and to reduce stress and anxiety!

## Understand How the Breath Affects Us

Our breath is connected to our...

- *Nervous system:* Slower breathing leads to lower heart rate, less perspiration, more regulated organs.
- *Emotions:* Slower breathing can reduce anxiety in the moment.
- *Mental State:* Slower breathing can slow our thoughts down and decrease distraction.



## Put Your Oxygen Mask on First

Adults' emotional state helps regulate children's. Before helping your child become calm, find a sense of calm for yourself. Simply pausing, closing down the eyes, and taking a few deep breaths can reset your nervous system to give you the ability to help your child calm theirs.

## Practice Breath Work Together

- Adults and teens may like S.O.S. Breath or Square Breathing.
- Deep Belly Breathing is fun for adults, teens, and young children.
- Rollercoaster Breath, Bumblebee Breath, and Elsa/Spiderman Breath can be fun for younger children.

## Try Square Breathing Together as a Family

1. Breathe in through the nose (1...2...3...4) as you draw a line in the air from left to right
2. Hold the breath (1...2...3...4) as you draw a line top to bottom
3. Release the breath through the nose (4...3...2...1) as you draw a line from right to left
4. Hold the breath out (4...3...2...1) as you draw a line from bottom to top
5. Repeat

## Make Practicing Breath Work a Consistent Routine for Best Results

- Practice when everyone's calm, too.
- Make it fun, not a chore.
- Find a regular time to practice, such as bedtime, bathtime, before/after transitions, etc.
- Practice together as a family.

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