



## Square Breathing

1. Breathe in counting up.  
1...2...3...4..5
2. Hold the breath.
3. Breathe out counting down.  
5...4...3...2...1
4. Repeat until calm.

.....  
**Spiderman**  
**Breaths**  
 .....

1. Breathe in as you squeeze your fists tight to charge your webs.
2. Open your fists to shoot your webs out as you let out all of your breath.



# Breath Work & Meditation for Kids

## Rainbow Body Scan

1. Close your eyes.
  2. Relax all of your body.
  3. Imagine a red light as you squeeze all the muscles in your face.
  4. Release all your muscles.
  5. Imagine an orange light as you squeeze your shoulders in.
  6. Release all your muscles.
- \*Continue down the body through the rainbow.

## Guided Meditations

- [www.stopbreathethink.com/kids](http://www.stopbreathethink.com/kids)
- [www.just-a-minute.org](http://www.just-a-minute.org)
- [www.gonoodle.com](http://www.gonoodle.com)
- [www.calm.com](http://www.calm.com)

## Apps

- Settle Your Glitter
- Headspace
- Breathe
- Breathe, Think, Do with Sesame



Contact Us: [hello@parentinthemoment](mailto:hello@parentinthemoment)  
[www.parentinthemoment.com](http://www.parentinthemoment.com)

[info@peaceathomeparenting.com](mailto:info@peaceathomeparenting.com)  
[www.peaceathomeparenting.com](http://www.peaceathomeparenting.com)



PEACE ON EARTH BEGINS WITH  
**PEACE AT HOME**  
 PARENTING SOLUTIONS