

BELLY BREATHING FOR CHILDREN

In this section, you will find activities that have been proved to be fun for children of different ages to practice the belly breath.

5-6
years olds

7-9
years olds

10-12
years olds

On the next page, you will see different activities with an age indication, so you can select them according to your child's age

To start explaining the belly breath to your child, you can tell them you are learning a new breathing technique that seems pretty good to relax and focus

You can show this video to younger children



And this video to older ones



BELLY BREATHING FOR CHILDREN



Animals breathing

1. Bumble bee breathing

5-6

7-9



- You don't need any extra implements for this exercise
- Sit comfortably and place the tip of your pointer fingers in your ears to make the antennae of a bumble bee.
- Breathe in through the nose and then make a humming sound when breathing out.
- Remember to use the belly breathing technique when breathing in and out.

2. Snake breathing

5-6

7-9

10-12



- You don't need any extra implements for this exercise
- Sit comfortably
- Breathe in through the nose and then breathe out making a 'tssss' sound.
- You can also balance your body like a snake when breathing out.
- Remember to use the belly breathing technique when breathing in and out.

3. Bunny breathing

5-6

7-9



- Sniff in 3 times through the nose like a bunny and then breathing out.
- To make it more fun for younger children, they can even jump around like a bunny and stop to make the bunny breathing.
- Remember to use the belly breathing technique when breathing in and out.

BELLY BREATHING FOR CHILDREN



Breathing with objects

1. Balloon breathing

5-6

7-9

10-12

- For this exercise, you will need a balloon
- Sit comfortably
- Breathe in through the nose and breathe out of your mouth blowing air into the balloon.
- Remember to use the belly breathing technique when breathing in and out.

2. Ping-Pong breathing

5-6

7-9

10-12

- For this exercise, you will need a ping-pong ball
- Put the ping-pong ball on a surface
- Breathe in through the nose and breathe out blowing the ball.
- The idea is to move the ping-pong ball across a room.
- Remember to use the belly breathing technique when breathing in and out.

3. The tissue dance

5-6

7-9

10-12

- For this exercise, you will need a tissue paper
- Breathe in through the nose and breathe out blowing the paper.
- The idea is to keep the tissue in the air as long as possible.
- Remember to use the belly breathing technique when breathing in and out.

BELLY BREATHING FOR CHILDREN



DYO craft breathing

1. Ribbon breeze

5-6

7-9

- For this exercise you will need crepe paper, stickers and crayons.
- Create any design you would like with ribbons of crepe paper. Use stickers, crayons, paint, or others to make it look beautiful!
- When finished, breathe in through the nose and then breathe out blowing the ribbons
- Remember to use the belly breathing technique when breathing in and out.

2. Blow bubbles

5-6

7-9

10-12

- For this exercise you will need washing up liquid, water, a bowl and a straw
- Put washing up liquid in a bowl with water and get a get a straw
- Breathe in, and then breathe out blowing the liquid through the straw. Make as many bubbles as you can!
- Remember to use the belly breathing technique when breathing in and out.

3. The floating ball

5-6

7-9

10-12

- For this exercise you will need paper, tape, scissors and a straw.
- Cut the paper and create from it a small ball and a funnel. Connect the narrow part of your funnel to a straw. Stick them with tape.
- Put the paper ball inside the funnel
- Breathe in, and breathe out blowing through the straw to make the paper ball float. Keep the paper ball floating for as long as you can!
- Remember to use the belly breathing technique when breathing in and out.

BELLY BREATHING FOR CHILDREN



BELLY BREATHING FOR CHILDREN

You can use any of the previous exercises to practice the belly breathing technique with your child at any time of the day.

However, we also recommend you to practice the belly breathing for relaxation before going to sleep. In this case, just focus on the belly breathing when lying down in the bed.

You can use this video to pace the breathing



Or this triangle

