

Six Calm Breaths for Little Kids

Cut out the cards and keep them in a calm corner or by the bed. Practice when everyone is already calm, so the breaths are ready when big feelings come. Grown-ups go first: kids copy you.



Balloon Breath

Hands on your belly. Breathe in through your nose and feel your belly fill up like a balloon. Let it out slowly: ssssss.



Smell the Flower, Blow the Candle

Pretend to smell a flower (in through the nose), then gently blow out a birthday candle (out through the mouth).



Bunny Breaths

Three quick little sniffs in through the nose, like a bunny, then one long breath out. Do it 3 times.



Starfish Hand

Spread one hand like a starfish. Trace up each finger as you breathe in, down as you breathe out. Five fingers, five breaths.



Teddy Ride

Lie down with a teddy on your tummy. Watch it rise and fall as you breathe. Can you rock it to sleep?



Turtle Shell

Curl up small in your “shell.” Take three slow breaths. Come out slowly when you feel ready.

My Five Senses Calm-Down

This grounding game brings attention back to right now. Little ones can say or point instead of writing. Try it on a walk, in the car, or when worries feel big.

5	things I can SEE	<hr/> <hr/> <hr/> <hr/> <hr/>
4	things I can FEEL	<hr/> <hr/> <hr/> <hr/> <hr/>
3	things I can HEAR	<hr/> <hr/> <hr/> <hr/> <hr/>
2	things I can SMELL	<hr/> <hr/> <hr/> <hr/> <hr/>
1	thing I can TASTE	<hr/> <hr/> <hr/> <hr/> <hr/>

How do I feel now?



Circle one before and after. It's okay to feel any feeling.

Slow-Down Butterfly

Color slowly. Notice the crayon in your fingers, the sound it makes, and each color as it fills a space. If your mind wanders, that's okay. Just come back to the next wing. (Art from our *Magical Butterfly Coloring Book*.)

