

Hello Parents/Guardians,

Sending you some lovely simple breathing and calming exercises to help if your child is feeling anxious, restless, overloaded or upset. I hope you find them useful.

Pauline,

Play Therapist

Coping Skills for Kids - Deep Breathing with Shapes and Visuals

<https://youtu.be/6hSkmmNU7PM>

Calming Breaths During Covid 19 (bee, belly & elephant)

<https://youtu.be/fpObUxBIkSM>

Relaxed Breathing - Breath In and Out

Designed to help pace breathing at a rate that helps calm the mind and body

<https://www.youtube.com/watch?v=gLbK0o9Bk7Q>

Balloon Breathing is a simple breathing exercise that you can do anywhere.

Slow, deep breaths are one of the best ways to calm an anxious child.

<https://www.youtube.com/watch?v=2PcCmxEW5WA&feature=youtu.be>

Belly Breathing - Calming Anger - Esmo and Roy

https://youtu.be/c646TZ_E18A

Calming Meditation for kids

<https://youtu.be/jKSkAtFUjo0>

Sesame Street Blow and Count the 4 Bubbles (shop or home made bubbles)

<https://youtu.be/FDFyB6DPE7A>

Take 5 Breathing (using fingers)

<https://youtu.be/sh79w9pn9Cg>

54321 Grounding Skills (for older children/senior class)

<https://youtu.be/8IM8pgMqjEs>

The Butterfly Hug (for older children/senior class)

<https://youtu.be/FqSlobux6iE>

I Can Sing a Rainbow Song (Calming)

<https://youtu.be/VqRBxO2GDFA>