



TRAINING NETWORK

CALM BREATHING GUIDE



CHILD RESOURCE



When we feel worried, angry or stressed,
our breathing can help us feel calm again.
Try these simple breathing exercises anytime!

4 EASY BREATHING EXERCISES

1 BALLOON BREATH

Pretend you have
a balloon in your tummy.



- ★ Breathe in slowly through your nose.
- ★ Your tummy (balloon) gets big.
- ★ Breathe out slowly through your mouth. Your tummy (balloon) gets small.

Remember: Slow breaths help you relax.

2 BUNNY BREATH

Take quick little
sniffs like a bunny.



- ★ Take 3 quick, little sniffs in through your nose.
- ★ Then breathe out slowly through your mouth.

Remember: Great for when you feel excited or anxious.

3 STAR BREATH

Breathe in and out
while tracing a star.



- ★ Use your finger to trace the star.
- ★ Breathe in as you trace up.
- ★ Breathe out as you trace down.

Remember: Take your time and go slowly.

4 RAINBOW BREATH

Breathe in slowly,
breathe out slowly.



- ★ Breathe in slowly through your nose (count to 4).
- ★ Breathe out slowly through your mouth (count to 6).

Remember: Longer breaths help you feel calmer.

WHEN CAN I USE CALM BREATHING?

Use your breathing to help when you feel...



Worried



Angry



Overwhelmed



Before a test
or presentation



Before bed



Anytime you need
to feel calm!

BREATHING REMINDERS

- ✓ Breathe in through your nose.
- ✓ Breathe out through your mouth.
- ✓ Go slow.
- ✓ Practice every day – it gets easier!



DAILY BREATHING CHALLENGE

Practice one of these breathing exercises
each day this week. Colour a star each
time you try!



MON



TUE



WED



THU



FRI



SAT



SUN



YOU CAN DO IT!

Your breath is always with you.
It's a superpower you can
use anytime, anywhere!



CREATE YOUR OWN CALM REMINDER

Write or draw something that helps you feel calm.



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a healthier, happier future.



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