



## Breathing: Balloons

Breathing exercises help children calm down and become aware of their bodies.

Have children take a deep breath in through their nostrils. Then, have them cup their hands around their mouth like they are pretending to blow up a balloon. Release the air through the mouth to “blow up the balloon.”

**More Support:** Sit with the child and model deep exaggerated inhales and exhales. Gently help children move their arms as it "fills with air".

### Use Calm-Down Strategies

“Let’s pretend we are going to blow up a balloon. Cup your hands around your mouth like this – now we have a pretend balloon we need to fill with air!”