

Breathing Exercise Worksheet

This simple worksheet teaches children deep breathing techniques to help them calm down when they feel stressed or upset.

Breathing Exercises

What They Are:

Simple exercises that involve deep breathing to help children calm down.

- Ask children to pretend they are blowing up a balloon. They take a deep breath in through their nose and slowly blow out through their mouth as if inflating the balloon.
- It can include visuals of a balloon inflating and deflating, guiding them to inhale and exhale slowly.

Calm-Down Kits

A collection of items that can help children calm down. These can include stress balls, colouring books, fidget toys, or sensory bottles.

How to Use Them:

Encourage children to use their calm-down kit when they feel overwhelmed. This provides them with a hands-on way to manage their emotions.

Emotion Journals

Journals where children can draw or write about their feelings.

How to Use Them:

Encourage children to use the journal to express their emotions. This can help them reflect on their experiences and understand their feelings better.

Building Calmness and Resilience in Children

Supporting children's emotional and psychological well-being is essential. Here are some self-help tips to foster their development:

1. Encourage Emotional Expression

- **Talk About Feelings:** Regularly ask your child how they're feeling and encourage them to share their emotions without judgment.
- **Use Emotion Cards:** Visual aids can help children identify and express their feelings.

2. Teach Coping Skills

- **Deep Breathing:** Practice simple breathing exercises with your child. Teach them to take deep breaths in and out to calm themselves.
- **Mindfulness Activities:** Engage in activities like yoga, meditation, or quiet time to help your child stay present and manage stress.

3. Foster Problem-Solving Skills

- **Encourage Critical Thinking:** Help your child think through problems and come up with their own solutions.
- **Praise Effort, Not Just Outcome:** Focus on the effort they put into solving a problem rather than just the result.

4. Create a Supportive Environment

- **Establish Routines:** Consistent routines provide a sense of stability and security.
- **Quality Time:** Spend quality time with your child doing activities they enjoy. This strengthens your bond and provides a sense of support.

5. Promote Healthy Lifestyle Habits

- **Healthy Diet:** Ensure your child eats a balanced diet to support their physical and mental health.
- **Regular Exercise:** Encourage physical activities that your child enjoys to help them stay active and release energy.

6. Model Resilient Behaviour

- **Stay Calm:** Demonstrate how to stay calm in stressful situations.
- **Show Positive Coping:** Share how you handle challenges and bounce back from setbacks.

7. Build Strong Social Connections

- **Encourage Friendships:** Help your child build and maintain positive friendships.
- **Family Support:** Foster a supportive family environment where your child feels loved and valued.

8. Offer Praise and Encouragement

- **Celebrate Small Wins:** Acknowledge and celebrate your child's achievements, no matter how small.
- **Positive Reinforcement:** Use positive reinforcement to encourage desirable behaviour and resilience.

9. Teach Flexible Thinking

- **Adapt to Changes:** Help your child understand that change is a part of life and teach them to adapt positively.
- **Growth Mindset:** Encourage a growth mindset where mistakes are seen as opportunities to learn and grow.

10. Use Stories and Role-Playing

- **Books and Storytelling:** Read books that highlight resilience and coping strategies.
- **Role-Playing:** Engage in role-playing scenarios to help your child practice handling different emotional situations.

Also Read:

<https://www.nicoleblake.com/post/promoting-calmness-and-resilience-in-children>

<https://www.nicoleblake.com/post/belly-breathing-is-a-resilience-building-technique-for-children>