



## Breathing Exercise Cards for Kids

Teaching kids simple **breathing techniques** can help them **calm their bodies, manage big emotions, and refocus**. These kid-friendly exercises use **fun visuals** to make deep breathing easy and engaging.

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### Smell the Flower, Blow Out the Candle

#### ✓ How to Do It:

- ✓ Imagine holding a **flower** in one hand and a **candle** in the other.
  - ✓ **Inhale deeply** through your nose as if smelling the flower.
  - ✓ **Exhale slowly** through your mouth as if blowing out a candle.
  - ✓ Repeat **3-5 times** to feel calmer.
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### Box Breathing

#### ✓ How to Do It:

- ✓ Imagine **drawing a box** in your mind while you breathe.
  - ✓ **Inhale** for 4 seconds (trace the first side of the box).
  - ✓ **Hold** for 4 seconds (trace the second side).
  - ✓ **Exhale** for 4 seconds (trace the third side).
  - ✓ **Hold** for 4 seconds (complete the box).
  - ✓ Repeat as needed to **reset and refocus**.
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### Bunny Breaths

#### ✓ How to Do It:

- ✓ Pretend to be a **bunny sniffing the air**.



- ✓ Take **three short sniffs** in through your nose.
- ✓ Take **one long exhale** out through your mouth.
- ✓ Repeat a few times until your body **feels calm**.

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### 📌 How to Use These Breathing Cards

- ✓ Print and **keep them in a calm-down corner** or carry them on the go.
- ✓ Practice these techniques **before frustration builds** to make them a habit.
- ✓ Use them together with **other calm-down strategies** like stretching or quiet time.

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### 💡 Need More Tools for Emotional Regulation?

Book a **free 30-minute consultation** to get **personalized strategies** for your child's emotional and behavioral needs.



[Schedule Here](#)

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**Empower • Educate • Elevate**

✉ **Contact:** [TrottaLearningSolutions@gmail.com](mailto:TrottaLearningSolutions@gmail.com)

🌐 **Website:** [TrottaLearningSolutions.com](https://TrottaLearningSolutions.com)

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Breathing exercises are **simple but powerful tools** for emotional regulation. **Which one will you try with your child today?** 🧠💙

*Warmly,*

*Tom*