

# Building Your Child's Resilience

# Deep Breathing

Deep breathing has many benefits:

- Decreases stress
- Reduces anxiety
- Helps you to remain calm
- Slows the heart rate
- Lowers blood pressure
- Helps to control your emotions
- Promotes appropriate social behaviors

When children experience stress, worry, or upset they may have difficulty returning to a calm state. Using deep breathing exercises can help children calm their body and return to a calm state so they can problem solve and move on from upset. By teaching your child to use deep breathing to calm themselves, they will increase their self-regulation skills and build resilience.

## Teaching Children to use Deep Breathing

It is important to practice deep breathing exercises with children when the body is in a calm state to learn the techniques properly.

At first, you will want to practice every day. Breathing techniques take time to master. You will want to practice in a quiet environment so children can focus on their breathing. Educate the children on the purpose of breathing techniques. They help our bodies to relax and calm and make us feel better when we are upset. Children will respond differently. Be mindful that some children will respond to breathing techniques quicker than others. Allow the children to repeat each technique until the body is calm and relaxed.

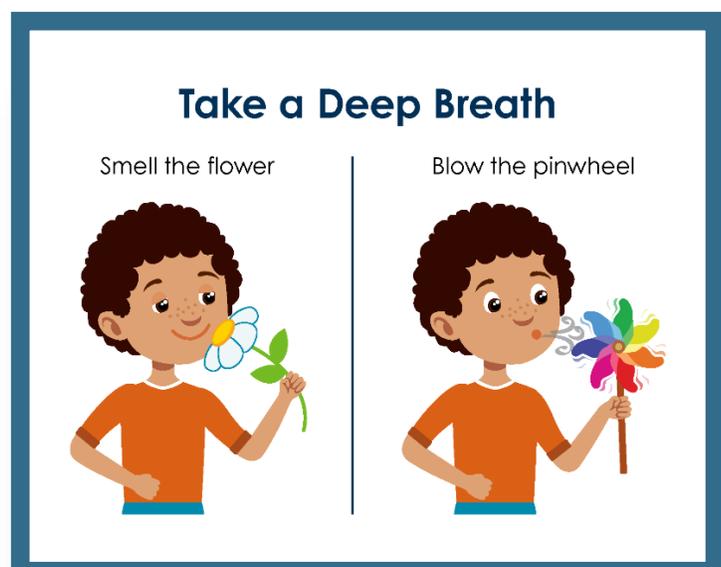
## Start with Fun Activities

Try using fun activities that require deep breaths to start.

- Blow bubbles.
- Inflate a balloon.
- Use a party blower horn.
- Blow feathers in the air or off of a table.
- Blow through a straw to spread out paint on paper.
- Blow pinwheels.

## Use a Visual Tool

For young children, teach deep breathing using a visual tool such as this one (Smell the flower, blow the pinwheel). Use the tool together when things are going well. Once the child is able to take deep breaths, cue them using the tool to calm themselves when experiencing an upset. Post the visual tool on the wall, in a calm down area or laminate it and add it to a calm down kit.

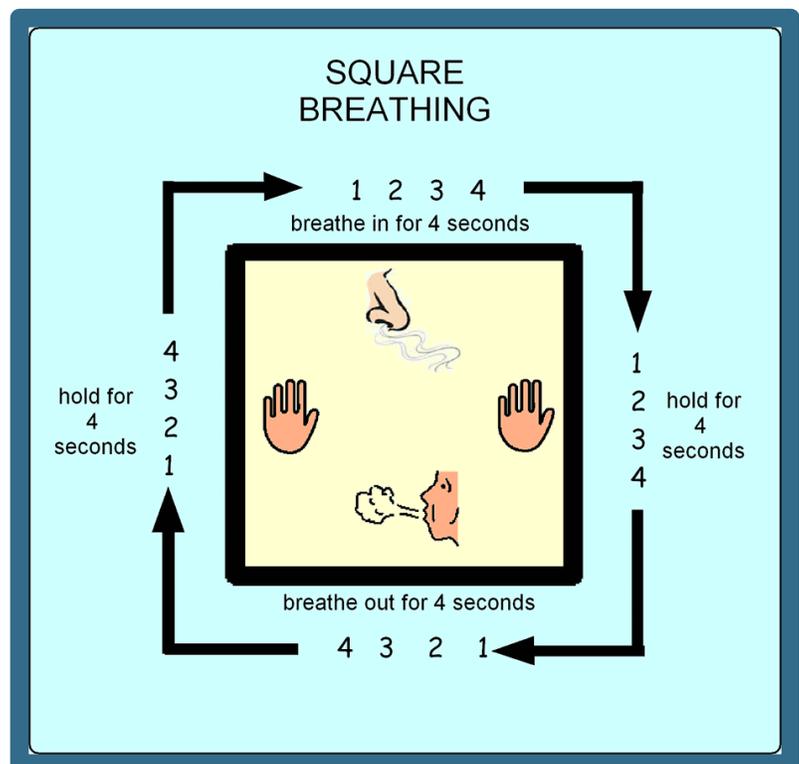
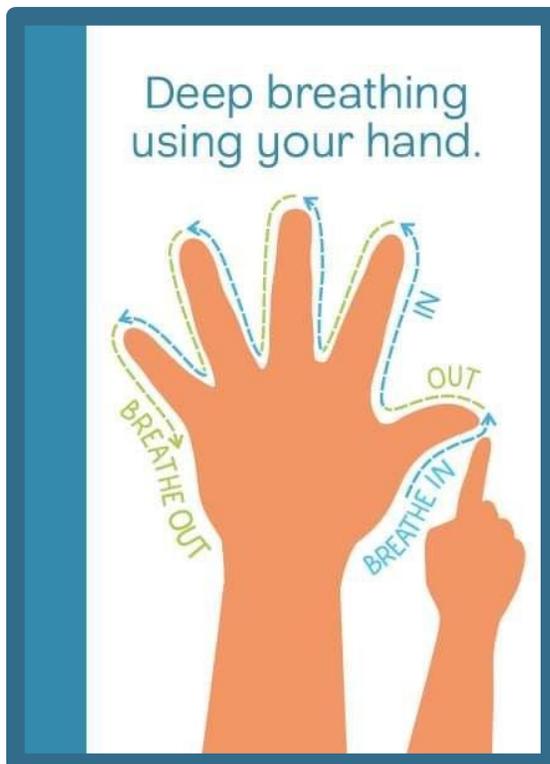


If you require assistance in supporting your child's needs or developing strategies to support your child's self-regulation please contact your Resource Consultant with Childinü Oxford.

Visit

[www.childinuoxford.com](http://www.childinuoxford.com)  
for contact information.

### Visual Tools for School Age Children



#### Resources:

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids#:~:text=Deep%20breathing%20helps%20get%20more,a%20big%20difference%20for%20kids.>

<https://www.yourtherapysource.com/blog1/2018/09/04/deep-breathing-exercises-for-children-2/>

For more breathing exercises to do with children:

<https://www.kidsyogastories.com/breathing-exercises-for-kids/>

<https://www.stitcher.com/podcast/the-imagine-neighborhood/e/76479461?autoplay=true>