

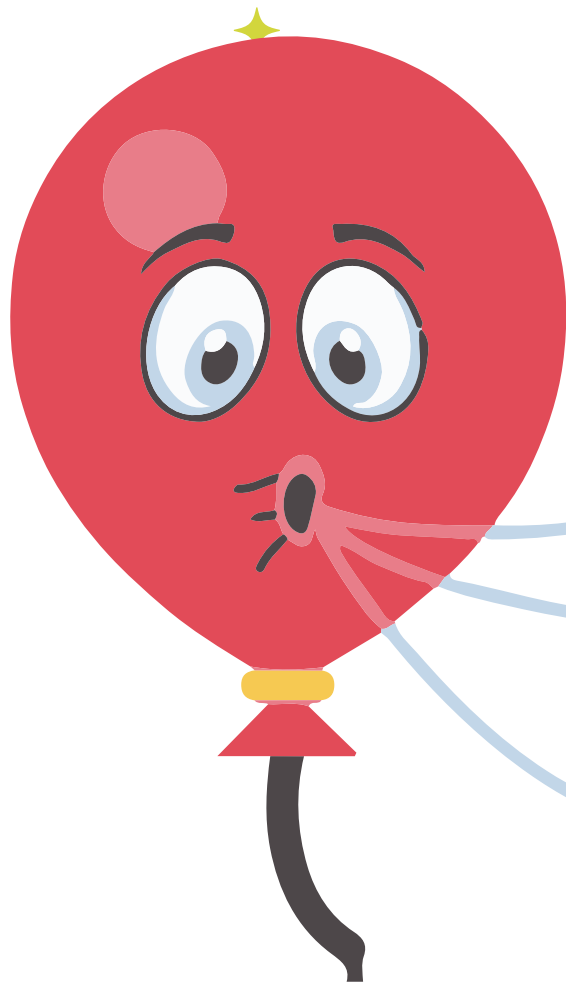


Balloon Breathing









Breathing techniques can help calm your child's mind and body during stressful times.

Using breathing techniques, we can teach our kids how to control their breath and relax their entire body.





Here's how to do it:

-  Ask your child to sit or stand in a comfortable position.
-  Have them place both hands on their head.
-  Encourage them to take three deep breaths through their nose while slowly raising their hands upwards as if they are inflating a balloon.
-  Next, they should release the air slowly through their mouth while lowering their hands as if deflating a balloon.
-  With each breath, have them focus on their body's movement, fresh air entering their nose, and warm air leaving their mouth.
-  Repeat the process as many times as needed.





Key Message:

I am Safe; I can handle this

This technique can address various situations, including when your child is angry, upset, anxious, or overstimulated.

Regularly practicing **Balloon Breathing** helps your child develop a valuable coping skill that can be used in different contexts, both presently and in the future.

We will be sharing a new technique every week. Keep following us on social media and share with anyone who you think may benefit from it.

