



The Pretzel Breathing



The Pretzel technique from Conscious Discipline can benefit your child when faced with stressful situations at home or school. Including it in their daily routine is a great way to promote relaxation before bedtime.





The Pretzel is a simple yet effective breathing technique that can bring calm and relaxation to your child's mind and body.

Here's how to do it:



Have your child extend their arms, cross them, interlace their fingers, and hold their hands.



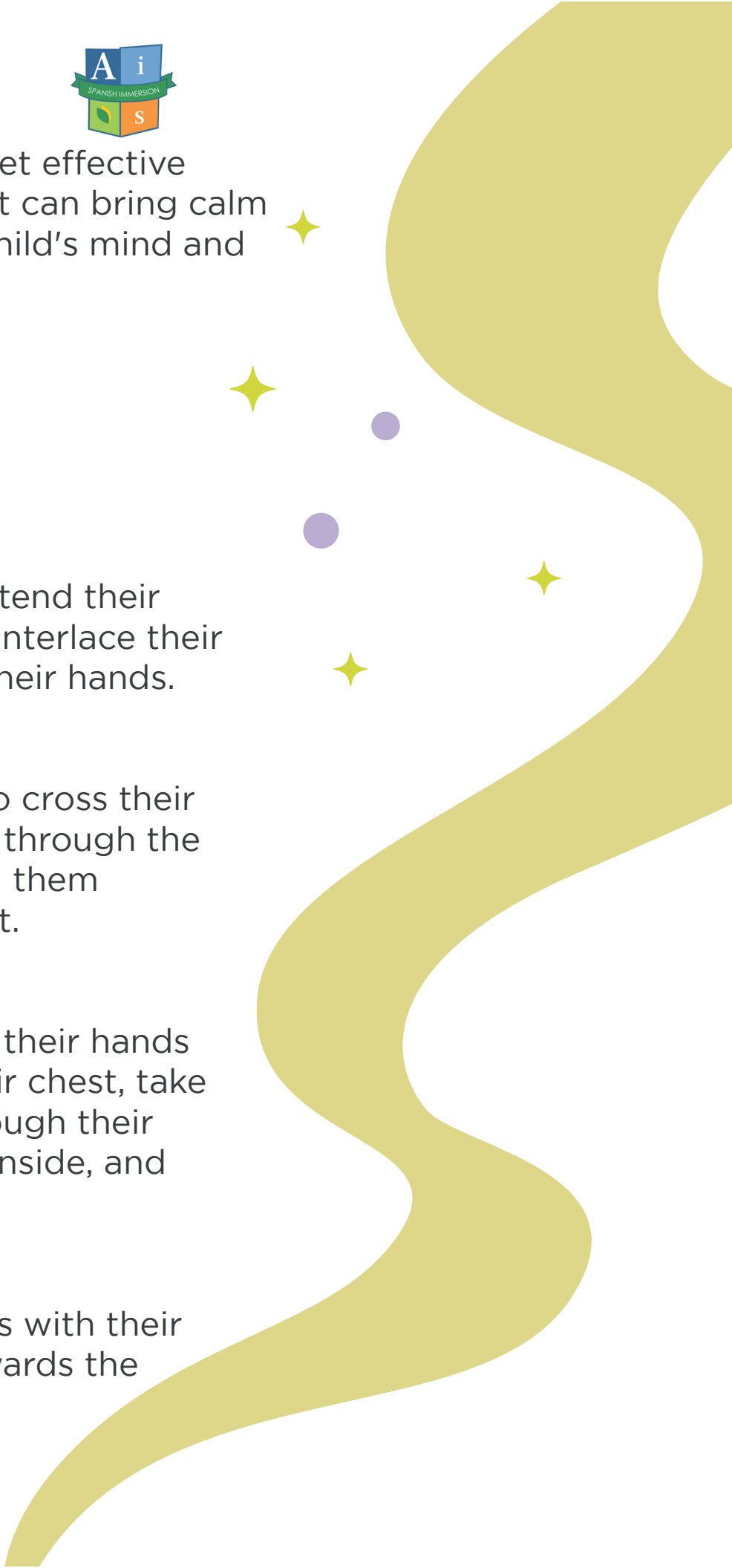
Encourage them to cross their hands downwards through the gap while bringing them towards their chest.



Ask them to press their hands firmly towards their chest, take a deep breath through their nose, hold the air inside, and then relax.



Repeat the process with their hands crossed towards the other side.



You can help your child develop valuable coping skills by teaching them to take deep breaths and practice mindfulness. Teaching your child the Pretzel and other techniques may help them thrive and feel more resilient.

Stay tuned for more mindfulness techniques you can share with your child, and thanks for reading. Let's change the world together, one breath at a time!

