



Why Breathing?



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Breathing is an essential aspect of our lives that shapes the health of our body and mind. It's important to take deep breaths that fill up your lungs with air because this helps oxygen travel to all your body parts, keeping them healthy and strong. When you breathe out, you can also get rid of germs and other things that are in your lungs. Breathing deeply can make you feel calm and peaceful too!

Sometimes when we get upset or feel very fast or anxious, taking deep breaths can help us calm down.





Breathing Techniques

Estrella: S.T.A.R :

Our kids love this technique. We encourage you to practice it with all the family and have fun! In school we practice it in Spanish:

S Sonrie (Smile)

T Toma

A Aire (Breath in)

R Relaja tus brazos (Relax)

But you can do it in English too:

Smile

Take a deep breath

And

Relax





Breathing Techniques

Key Message:

I am Safe, I can handle this

Teaching children how to breathe properly from a young age can lay the foundation for continued good health and well-being throughout their lives.

Every week, we will post a new technique. Please keep following us on social media, and feel free to share with those who you think need this!

