



Deep Breathing

a great way to divert your child's attention and help your child calm down when he/she is scared or overly excited. Slow, long and deep breaths allow for more carbon dioxide to enter the blood, which quiets down parts of the brain that handle anxiety responses.



Oasisplace

Multidisciplinary Intervention Centre

 www.oasisplace.com.my

Deep Breathing

Basics

1. Get comfortable by lying on the floor or sitting up straight.
2. Put one hand on your chest and the other hand over your belly.
3. Breathe in through your nose, 1..2..3..4.. When you breathe in, feel your belly rise like a balloon blowing up. Watch your hand on your belly rise, while your hand on your chest stays still.
4. Then, breathe out slowly through your nose, 1..2..3..4.. Feel your belly go back in, like a balloon deflating.
5. Keep breathing like this a few more times. With practice, it gets easier.



Breathe in



Breathe out

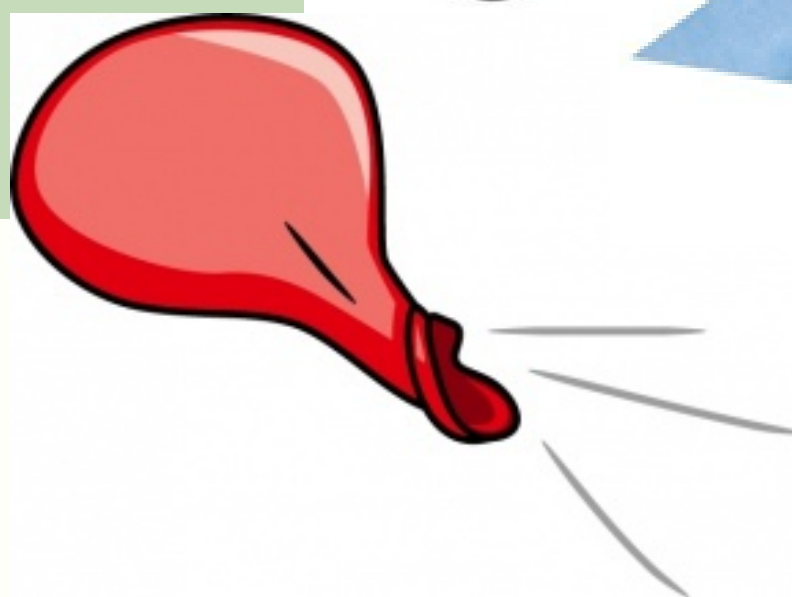
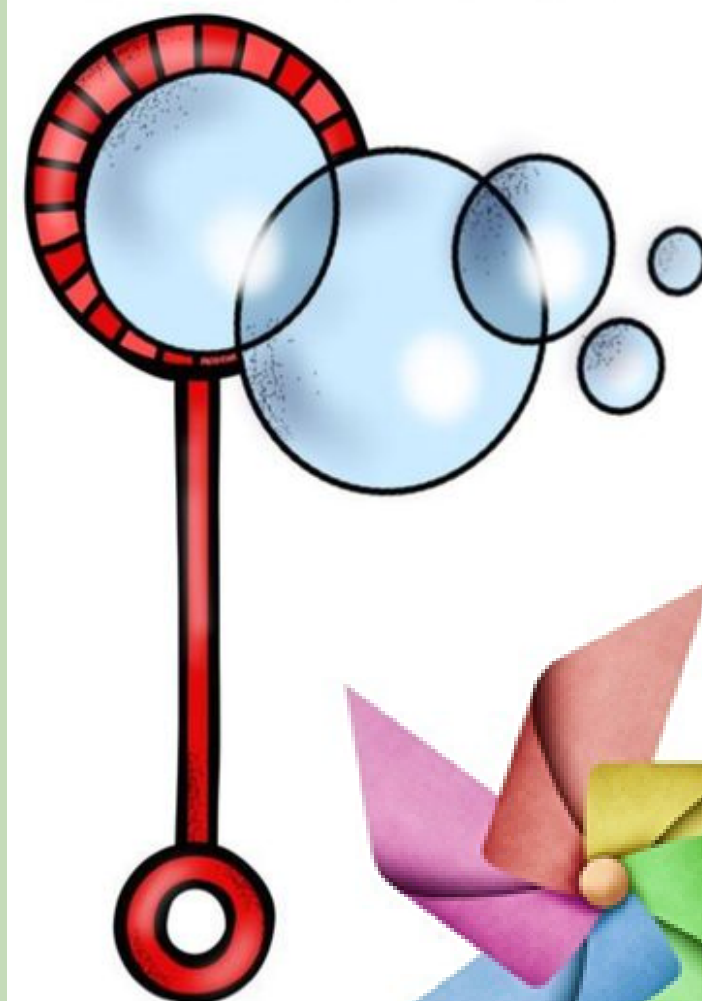
Practice Deep Breathing with these
enjoyable activities:

Blow

Bubbles

Balloon

Pinwheel



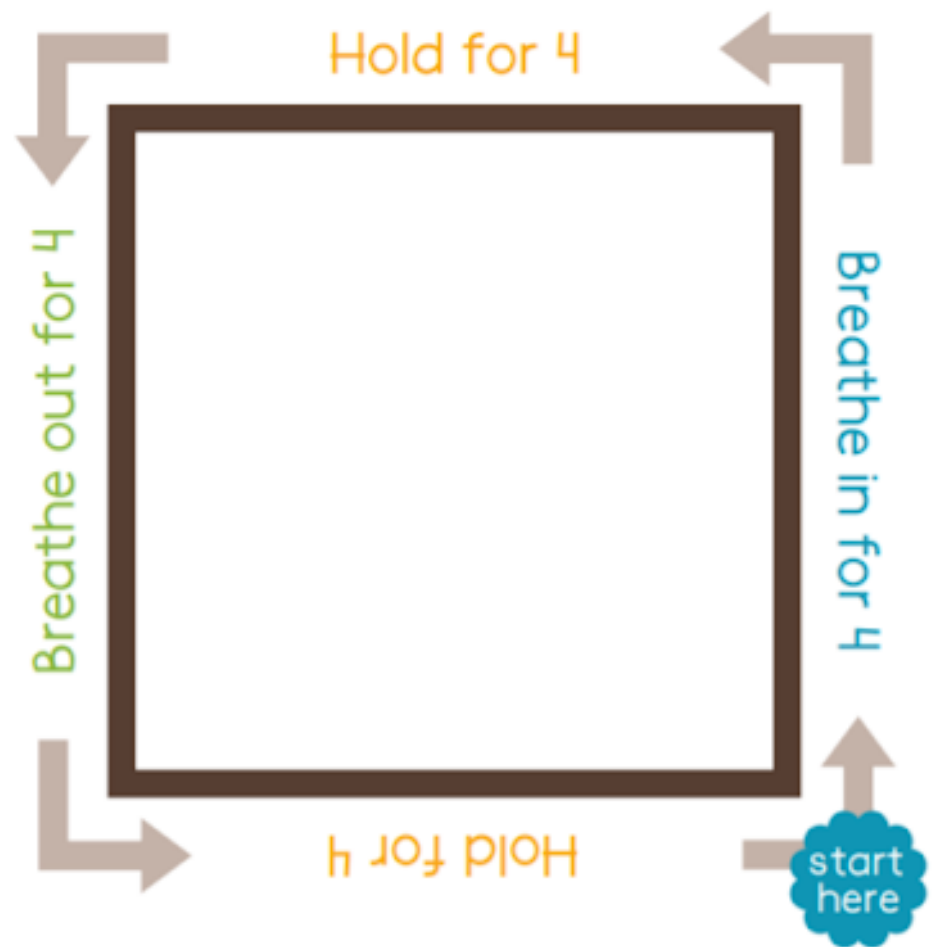
Oasisplace

Multidisciplinary Intervention Centre

 www.oasisplace.com.my

Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath



Oasisplace

Multidisciplinary Intervention Centre

 www.oasisplace.com.my



***Start at any
"Breathe in" side,
hold your breath
at the point, then
breathe out. keep
going until you've
gone around the
whole star***

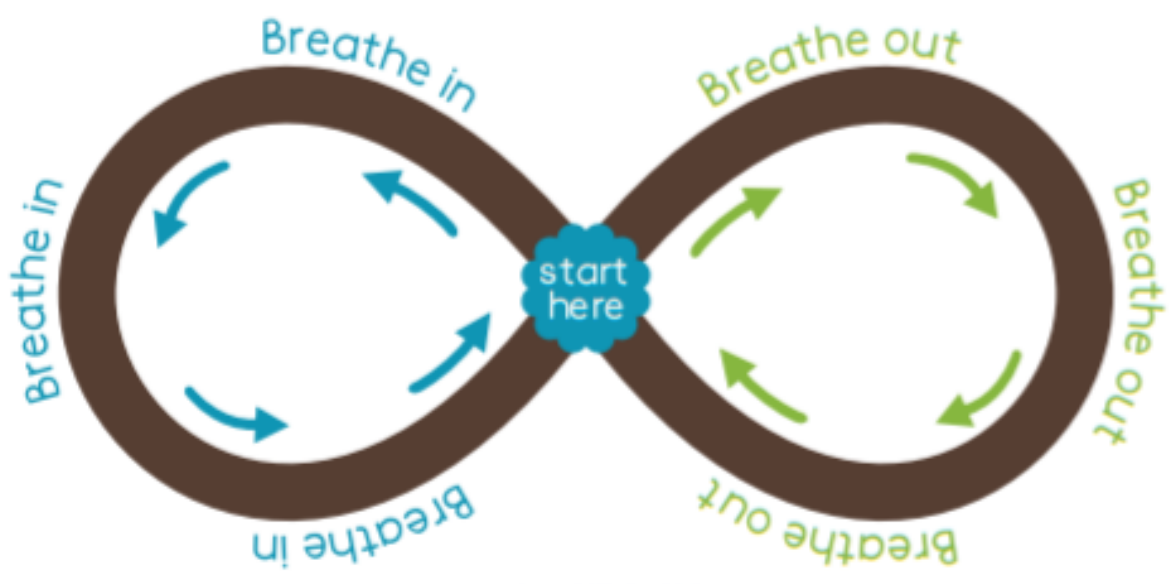
*Star
Breathing*



Multidisciplinary Intervention Centre

 www.oasisplace.com.my

Lazy 8 Breathing



Start with an 8 on its side. Starting in the middle, go up to the left and trace the 8 with your finger while you breathe in. when you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger

Trace Your Fingers



Use a Stuffed Toy



Use a stuffed toy to help make breathing more visual for your child. They can see it rise as the belly is filled with air. Encourage them to make the toy rise as high as possible. Then your child can notice the toy fall as they feel the belly shrink



Oasisplace

Multidisciplinary Intervention Centre

 www.oasisplace.com.my



Oasisplace

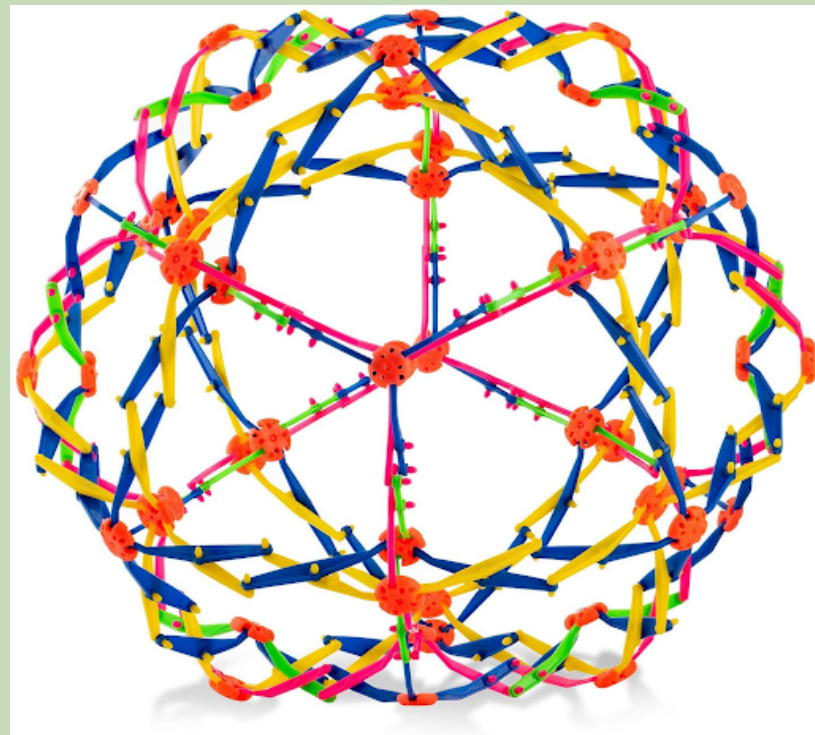
Multidisciplinary Intervention Centre

www.oasisplace.com.my

Bumblebee Breath



Pretend that you are a bumblebee. Breathe in and smell a flower. As you breathe out, make a humming bee sound.

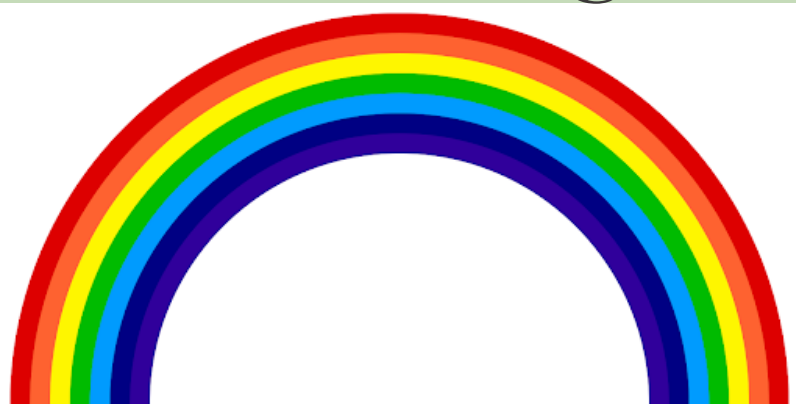


Breathe in and expand the sphere. Breathe out and push the sphere back in.

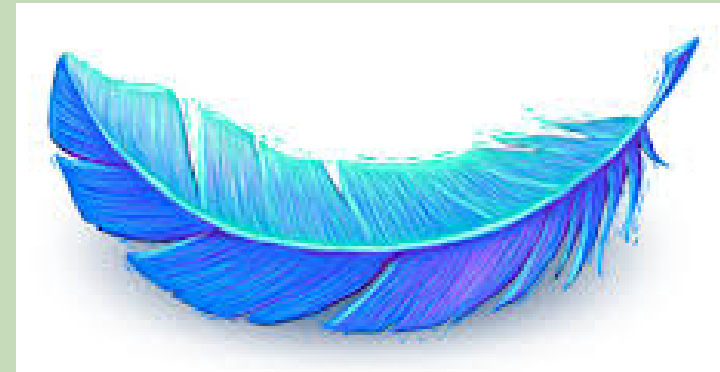
Hoberman Sphere

Use a Feather

Rainbow Breathing



Start by having your arms at the side of your body. Move your arms up as you breathe in and move your arms down as you breathe out to make a rainbow..



Keep the feather afloat with deep breaths in and out.