

Teaching Your Child How to “Deep Breathe”

(read aloud with your child)

1. *Deep Breathing* helps you feel better when you are angry or nervous. Because you are the boss of your body, you can relax and feel better.
2. Check if you are breathing now. Good! You are an expert at breathing! Wow, *Deep Breathing* will be pretty easy for you to learn.
3. Make the air come in through your nose and out of your mouth. Practice that. (If your nose is plugged up, just use your mouth).
4. Now, make sure you are sitting up straight. Make sure your feet are down. This makes the air better for you.
5. *Deep Breathing* is a long, slow tunnel of air coming into your nose. Can you practice that?
6. *Deep Breathing* is a long, slow tunnel of air comes out of your mouth. Practice that.
7. Remember to breathe in and out, slow and long. Sometimes, moving your hands with the air can help.
8. The job is to do 5 deep breaths. Let’s do them together.
9. Great job! *Deep Breathing* is like a super-secret skill that you can use right in front of people and they might NEVER EVEN NOTICE! When you feel angry or nervous, you should do *Deep Breathing*.
10. The last thing to know is: You HAVE to practice *Deep Breathing* or it won’t work. Just like you practice (baseball, piano, reading, tying your shoes), you have to practice *Deep Breathing* to get good at it. You should practice it when you feel good and happy. That way, you will be an expert deep breather when you get angry or nervous.
11. Remember, you are the boss of your body. You can feel better by *Deep Breathing*.

