

# Breathe... you've got this.

Try these breathing techniques (courtesy of Conscious Discipline®) to help you and the children in your life when the going gets tough.



**S.T.A.R.** ▶ Smile, Take a deep breath, And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

**Drain** ▶ Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ssshhh” sound and release all your muscles, draining out the stress.



**Balloon** ▶ Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbbpbbpbb” sound.

**Pretzel** ▶ Standing up, cross your ankles. Now cross your right wrist over left, turn your hands to your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



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