

MINDFUL BREATHING

For Children



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WELCOME

Thank you for downloading this Children's Mindful Breathing Exercises collection.

The digital art designs included in this download were drawn by Natasha Iregbu, founder of Butterfly Minds.

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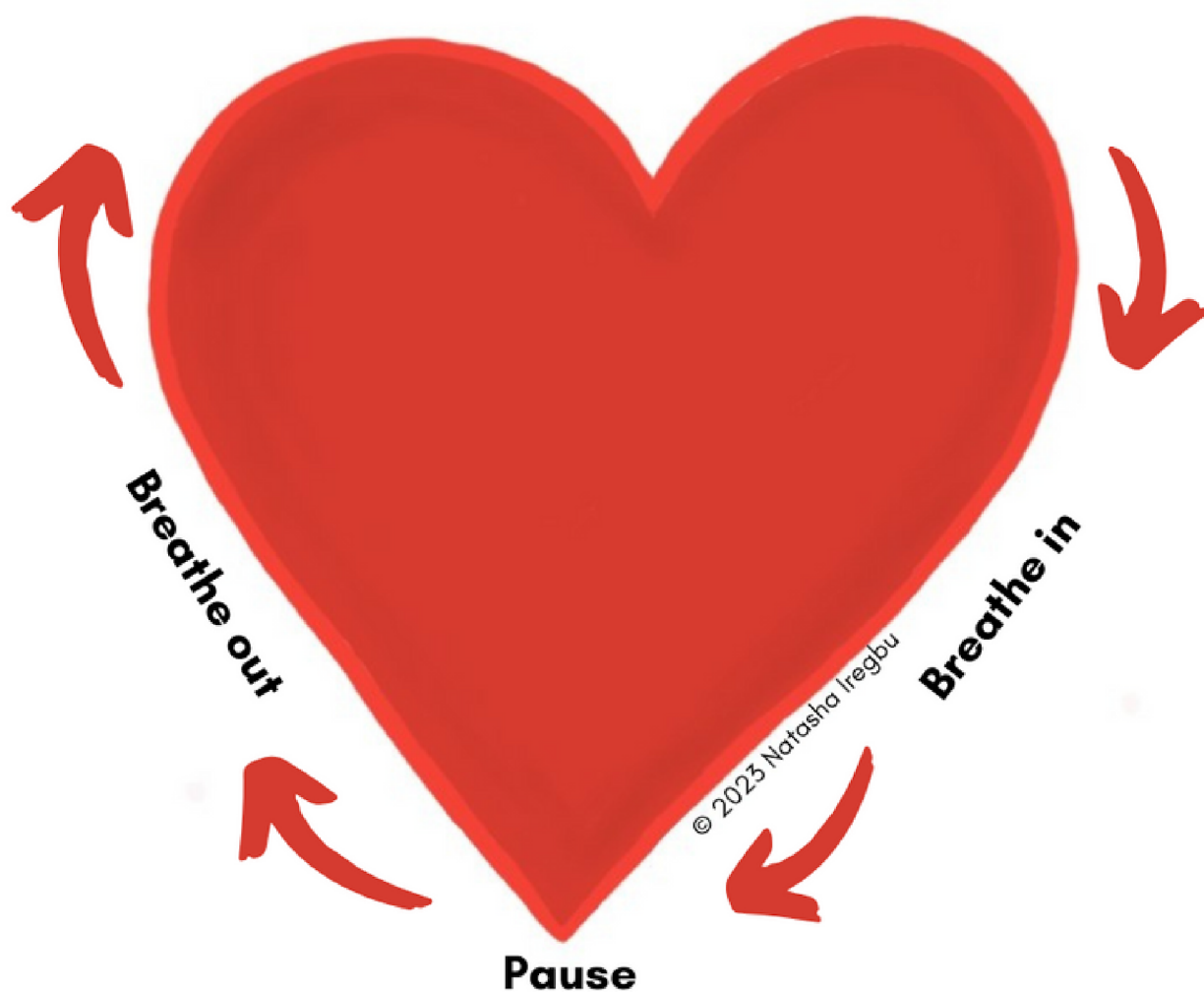
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I hope you enjoy sharing these breathing exercises with the child/children in your life!

HEART BREATHING

Slowly breathe in tracing the right side of the heart. Pause. Slowly breathe out as you trace the left side.

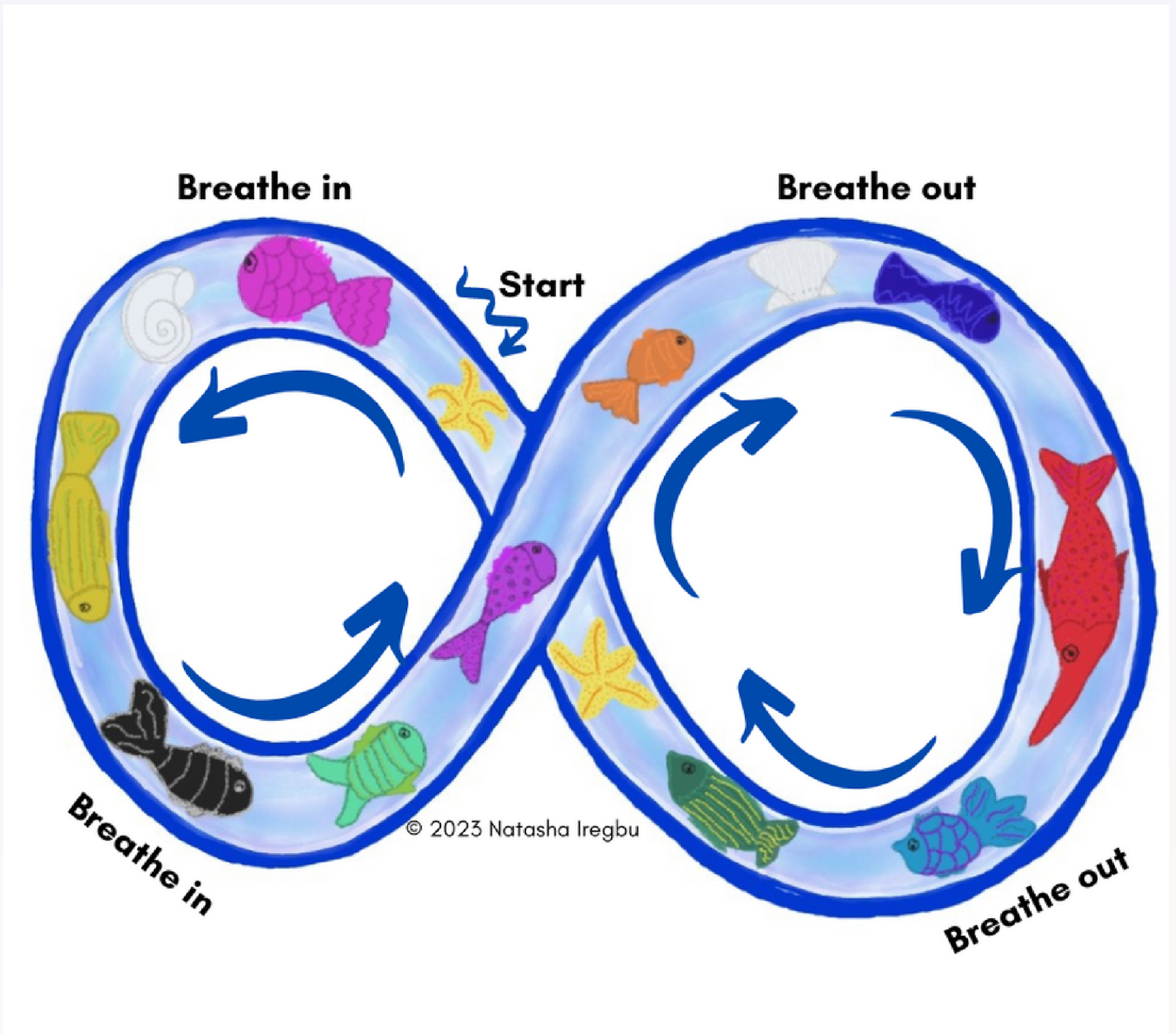
Repeat 3-5 times and notice how you feel.



LAZY 8 BREATHING

Place your finger on the starfish next to 'Start'. Start on the left side, trace round the 8 while breathing in. When you reach the middle, breathe out imagining you're blowing bubbles like a fish.

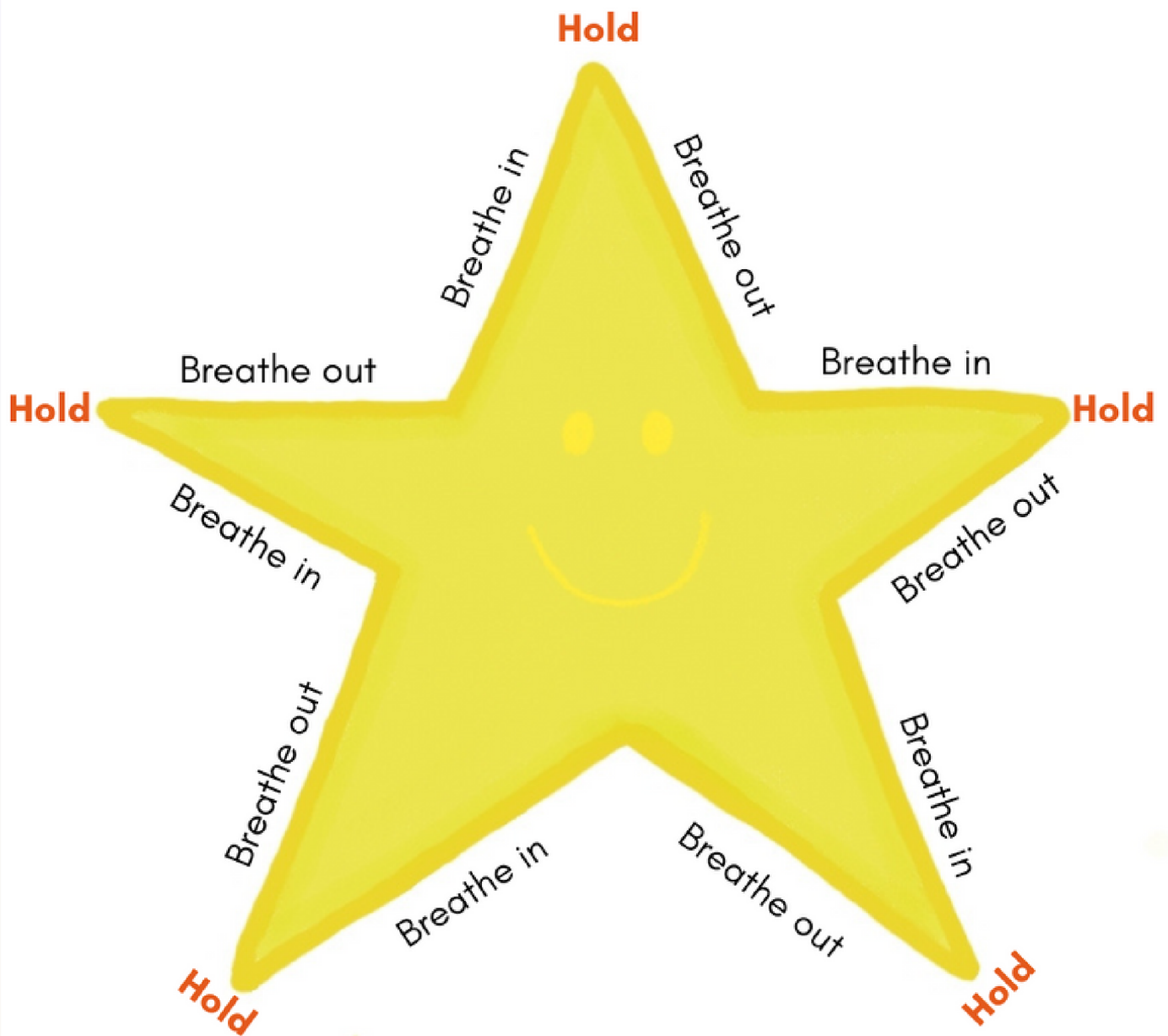
Repeat tracing round 8 times.



STAR BREATHING

*Choose a point on the star to begin (start on 'breathe in').
Trace your finger round the star slowly breathing in, hold your breath 3
seconds then slowly breathe out.*

Continue round the star. You can repeat until you feel calm.



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GINGERBREAD BREATHING

Take 3 deep breaths while pointing to the gingerbread's buttons.



Point to button 1

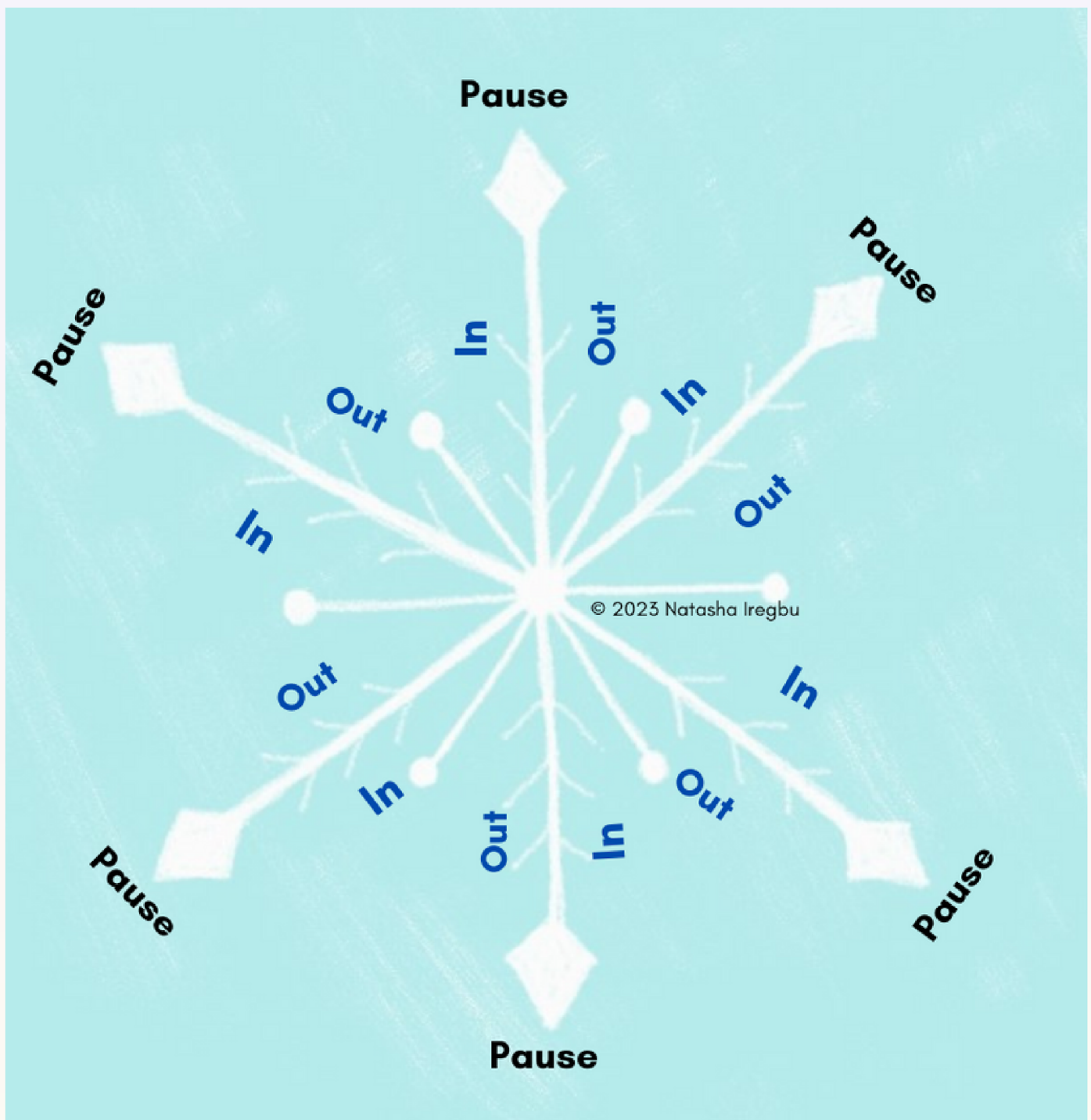
Slowly take a breath in
& out

Repeat on buttons 2 & 3

SNOWFLAKE BREATHING

*Choose a point on the snowflake to begin (start on 'in').
Trace your finger up the snowflake while breathing in, hold your breath at
pause and count to 3, slowly trace along out while exhaling through your
mouth..*

*Continue round the snowflake and notice how you feel when you get back to
your start point.*



SNOWMAN BREATHING

This can be used to practice 7:11 deep breathing (inhale for 7 counts, exhale for 11 counts. You can try 3:5 if 7:11 is too long.

When you reach the snowman's body begin to slowly exhale, imagining blowing snow while counting to 5 or 11.

Try repeating for 10 breaths. With regular practice you might be able to practice for longer, especially older children.



THANK YOU

I hope you enjoyed sharing these breathing exercises with children, you can use them for yourself too if you would like!

If you would like to connect and find out more about my offerings at Butterfly Minds, please visit the links below:

Website: www.butterfly-minds.co.uk

Instagram: [@butterfly_minds](https://www.instagram.com/butterfly_minds)

Email: hello@butterfly-minds.co.uk

I would love to hear what the child/children in your life think about the exercises.

Natasha :)