

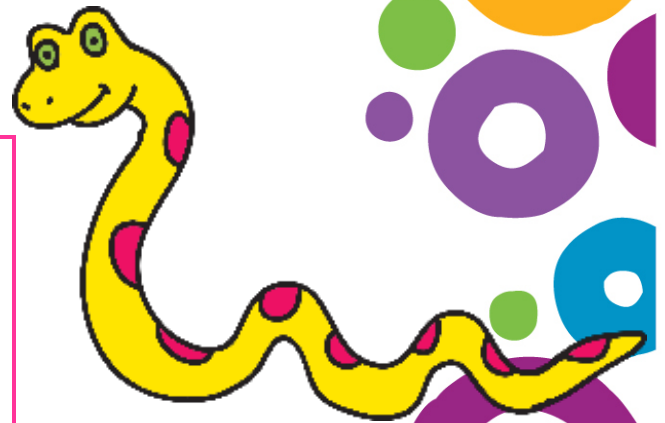
Toddlers, preschoolers, and some school aged children:

CAN YOU BREATHE AS IF YOU ARE...



Smelling flowers: hold a flower bouquet- real, pretend, or imaginary. Take a nice, long sniff and let it out.

A hissing snake: Take in a slow breath and let it out with a long "SSSSSSS". Practice taking these while staying super still, like a snake hiding in the grass.



Blowing out birthday candles: Take a slow breath in through your nose, and let it out through your mouth, as if you're blowing out all the candles on your next birthday cake!

Deep breathing is an important part of reducing stress and anxiety. You can help your child relax and get through stressful times by practicing breathing techniques. Practicing these at home before doctor's visits will make them even more effective!

Nemours.

**Life, Creative Arts Therapy
and School Programs**

School-aged children and teenagers:

Trace your fingers along the images, following the directions for breathing

CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.



Deep breathing is an important part of reducing stress and anxiety. You can help yourself relax and get through stressful times by using breathing techniques. Practicing these at home before doctor's visits will make them even more effective!

Nemours.

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