

YOU'VE
BEEN
MISSED

Mindful Breathing – Activity for children

HOW TO PRACTICE MINDFUL BREATHING

A way to help us when we feel anxious or worried, and bring us back into the present moment, is to focus on our breathing; this is called mindful breathing. When thinking about breathing techniques it is very important to make sure your breath out is longer than your breath in. For example, if you breathe in ...1,2,3... you will need to breathe out ...1,2,3,4,5...

Remember this timing doesn't need to be in seconds just a consistent rhythm. As you are breathing, notice your chest filling up with air and the sensations surrounding that. Maybe place a hand on your stomach and feel it move as you breathe, noticing the rise and fall.

Practice the exercise below:

Exercise 1: Take 5 Breathing

1

STAR

Stretch your hand out like a star

2

TRACE

Get your pointer finger ready to trace your fingers up and down

3

SLIDE

Slide up each finger slowly. Slide slowly back down the other side

4

BREATHE

Breathe in through your nose and out through your mouth

5

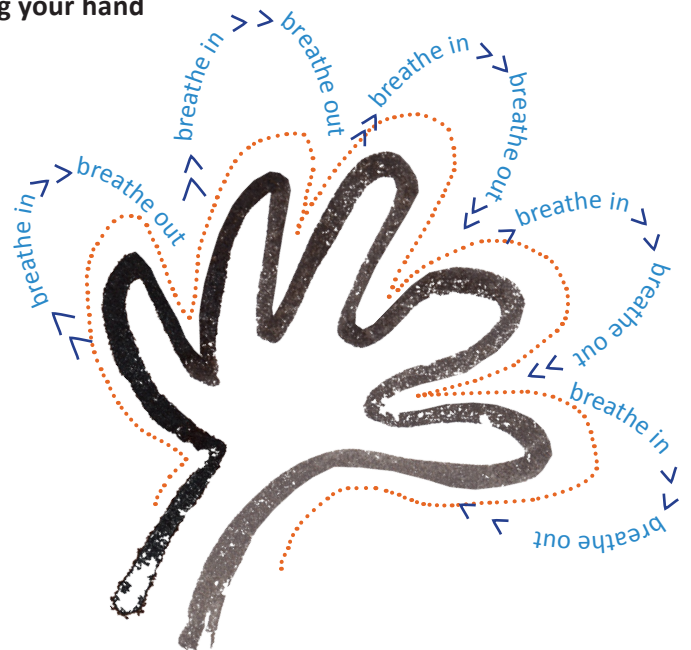
KEEP GOING

Put it together and breathe in as you slide up and out as you slide down

Keep going until you have finished tracing your hand

"How do you feel now?"

*Would you like to take another
5 breaths?"*



YOU'VE
BEEN
MISSED

Exercise 2: 5 Step Breathing

1

TAKE A MOMENT

When you have big feelings, practicing breathing can help you feel calm again. You can practice this alone or with someone

2

FLOWER

Breathe in through your nose, as if you are smelling a flower



3

PAUSE

Hold in your breath for 5 seconds



4

CANDLES

Breathe out slowly, as if you are blowing out a candle on a cake



5

REPEAT

Repeat as many times as you need

*"How do you feel now?
Would you like to take
another 5 breaths?"*

For more activities, please check out #youvebeenmissed on the BWC website:

<https://bwc.nhs.uk/youve-been-missed>

