



BREATHING EXERCISES FOR CHILDREN



Government of South Australia

Smell the flower, blow out the candle

Breathe in through your nose, imagining you are smelling a flower as you do.

Breathe out through your mouth, pretending like you are blowing out a candle.



Rainbow breathing

Stretch your arms out wide. Take a deep, slow breath in. As you do, raise and curve your arms up to the sky to make an arch shape – just like a rainbow.

Breathe out slowly, and lower your arms at the same time.

Repeat as many times as you need. You could do seven repetitions – one for every colour of the rainbow. Or just do the child's three favourite colours.

Volcano breathing

Place your palms together in front of your chest, fingers pointed upwards.

Take a deep, slow breath in. As you do, push your hands upwards, like lava rising up through the centre of the volcano. When your lungs are full and your fingertips reach as high as they can go, breath out slowly through your mouth while your arms fall to each side, like the lava erupting out of the volcano.



Straw breathing

Can be done with or without an actual straw.

Purse your lips and suck the air in, like you would if you were drinking a milkshake.

Blowing bubbles

Can be done with or without bubbles as props.

Breathe in deep through your nose to make sure you have enough air to blow some bubbles.

Gently blow out through pursed lips, the way you would if you were trying to blow bubbles with a wand.



Or, make up your own! The basic recipe to a good breathing exercise is a **slow, deep breath in** (about **4-5 seconds long**) and a **slow, deep breath out** (**slightly longer** than your breath in).

