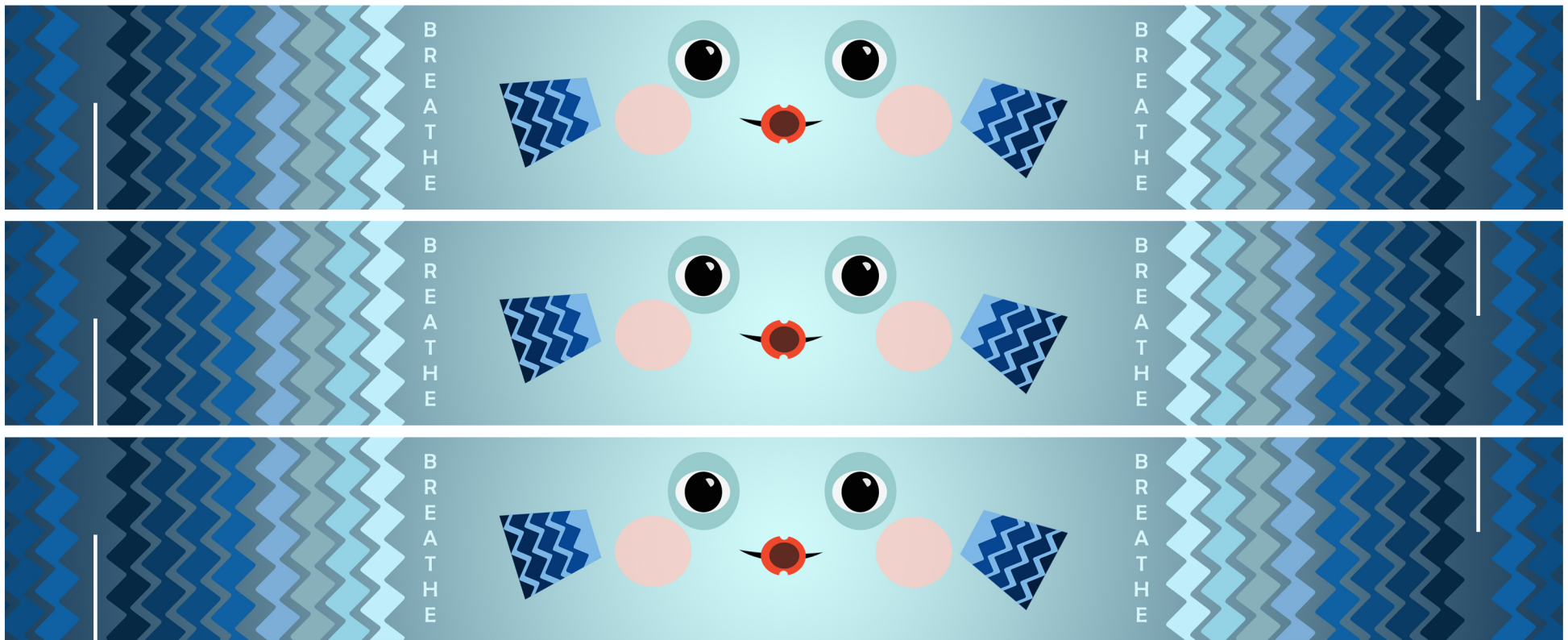


Breathe like a flying fish

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Deep breathing helps children relax and focus their thoughts.
Teach your child to breathe with this fish blowing bubbles example.
Talk about times when this type of breathing can be helpful and be as specific as possible.
Explain how the more they do it, the easier it will be.
Cut out the fish and cut little slits on the white lines by the ends.
Join the ends together by sliding one slit into the other.
These fish serve as fun visual reminders.
Explain how when the fish feels more relaxed, he can fly again.
Throw it in the air and watch it spin as it comes down.

Practice breathing together.

1. IN: Relax the shoulders and breathe in for four counts. Count One fish, two fish, three fish, blue fish.
2. HOLD: Now hold the breath for four counts.
3. OUT: Breathe out for four counts. Slow and deep as if blowing bubbles. Repeat two to three times.