Breathing Strategies Smash Mat

Have 6 small balls of playdough ready. Ask the child(ren) **to identify and practice**:.snake breath, smell chocolate/blow out candle breath, bear breath, flower breath, square breath and figure 8 breath. Once a child finds the picture s/he was asked to (provide help if needed), label the picture and give the child a ball of playdough to "smash flat" on the picture. *Provide help finding the picture and label it for the child if needed. **Practice each breathing activity with the child or children.** An adult could play with up to 6 children and give them each a turn.
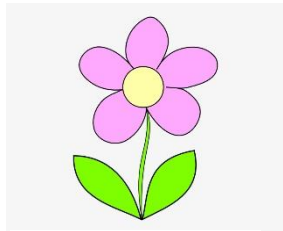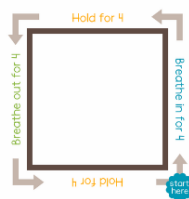
Snake breath

Smell Chocolate   Blow out Birthday Candles

Smell chocolate/blow out candle breath

Bear breath

Flower breath

Hold for 4
Breathe out for 4
Breathe in for 4
Hold for 4
start here

Square breath

Lazy 8 Breath
Breathe in   breathe out

Figure 8 breath

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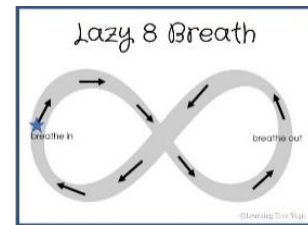
Explanation of Breathing Strategies:

Snake Breath: Sit up tall. Take a deep breath in. When you breathe out, make a hissing sound for as long as you can. Repeat 3x

Smell Chocolate/Blow out Birthday Candles Breath: As you are taking a deep breath in, imagine you are smelling chocolate. When you breathe out, you are blowing out the candles on your birthday cake. Repeat 3x

Bear Breath: Through your nose, breathe in for a count of 3. Then hold your breath (pause) for a count of 1. Breathe out, through your nose, for a count of 3 nose and hold your breath (pause) for a count of 1. Repeat 3x

Flower Breath: Imagine a beautiful flower. To smell it, breathe in through your nose and then, breathe out through your mouth. Repeat 3x

Square Breath: Draw a square. Use your finger to trace the outline as you: breathe in for 4 (on one side), pause for 4 (on the 2nd side), breathe out for 4 (on the 3rd side) and pause for 4 (on the 4th side). Repeat 3x   *A free drawing of the square breath can be found on the internet.

Hold for 4

Breathe out for 4

Breathe in for 4

Hold for 4

start here
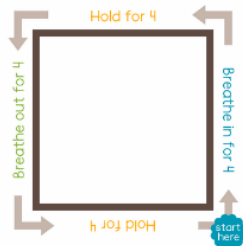
Figure 8 Breath: Draw a figure 8 on it's side. Breathing in, trace your finger around one of the curves of the 8 and then breathing out, trace your fingers around the other curve of the figure 8. Repeat 3x * A free drawing of the square breath can be found on the internet.

Lazy 8 Breath

breathe in

breathe out