

Deep breathing Activity #2

1. For this activity, you will ask your child to imagine that they are holding a mug of hot chocolate. If this is too difficult for them, you can do one of the following:
 - a. print out an image of a mug of hot chocolate
 - b. if you do not have access to a printer, draw an image of a mug of hot chocolate
 - c. use a real mug of hot chocolate or tea
2. Have your child sit upright in a chair with their feet flat and uncrossed on the floor OR stand up.
3. Follow this script:

"Pretend that you are holding a mug of hot chocolate. The cup feels warm in your hands, and the scent of chocolate is travelling into your nose. Now, take a deep breath through your nose and try to smell that chocolate...1 ...2 ...3. Now breathe out through your mouth like you are blowing on the hot chocolate to cool it down ...1 ...2 ...3. Breathe in again ...1 ...2 ...3. Now breathe out ...1 ...2 ...3."

Do this for 10 breaths or until your child feels calmer (this takes longer than you would think, but please trust us - it helps!)

