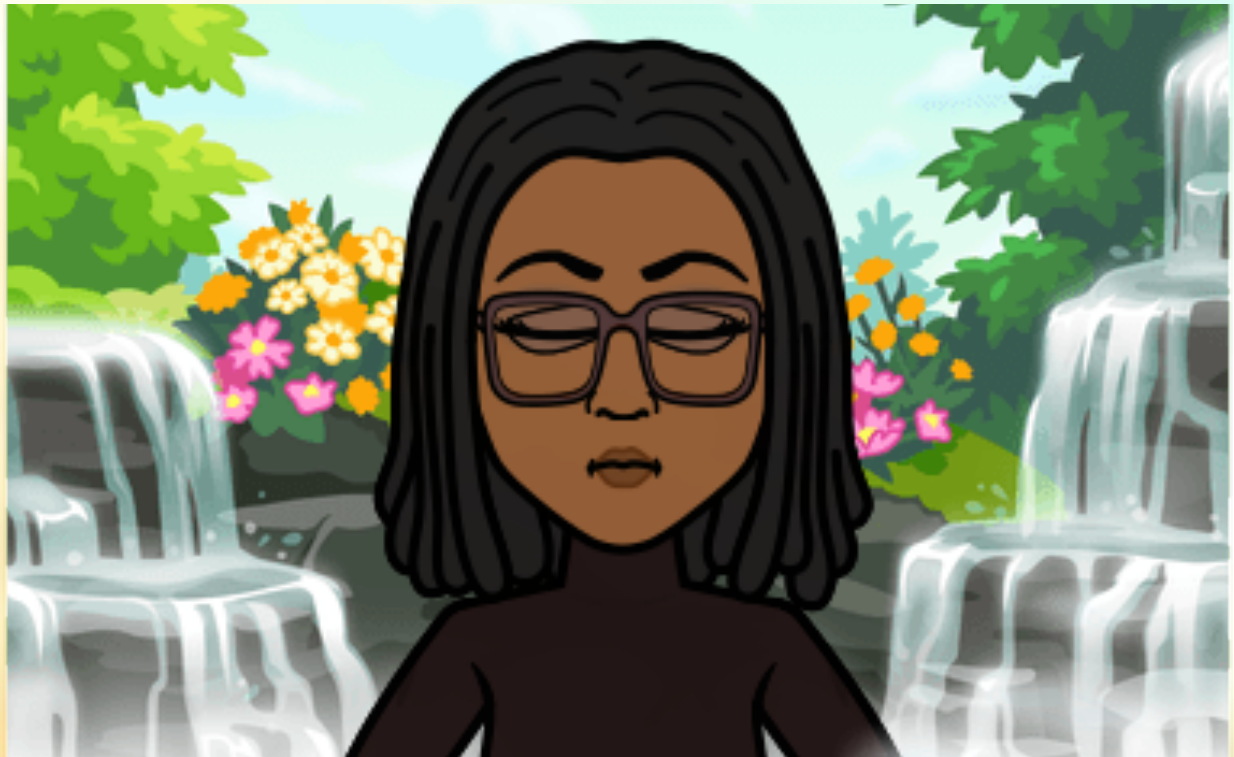




Peace of Mind for Early Childhood

Marquita McBride



CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.
Keep going until you have finished tracing your hand.



Mindfulness Bell



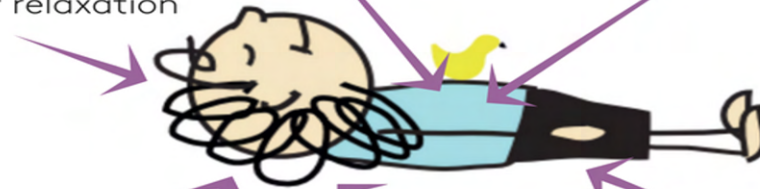
My PowerPoint presentation will focus on Week 3 Animal Breaths

Belly breathing

Automatically slows the heart rate, helping to relax & calm

The most efficient and relaxed way of getting enough air into your lungs.

Supports the life skill of relaxation



Can boost energy levels with a few minutes of relaxation throughout the day

Emulates breathing during the regenerating processes (sleep, digesting food or resting)

Increased awareness of the breath & its effect on the body



- 1. Sit up tall with your back straight and head tilted up toward the sky.**
- 2. Take three short inhale breaths like a bunny sniffing a flower.**
- 3. Hold your breath for a moment, then exhale through your mouth.**
- 4. Repeat until calm and grounded.**

BUNNY BREATHING



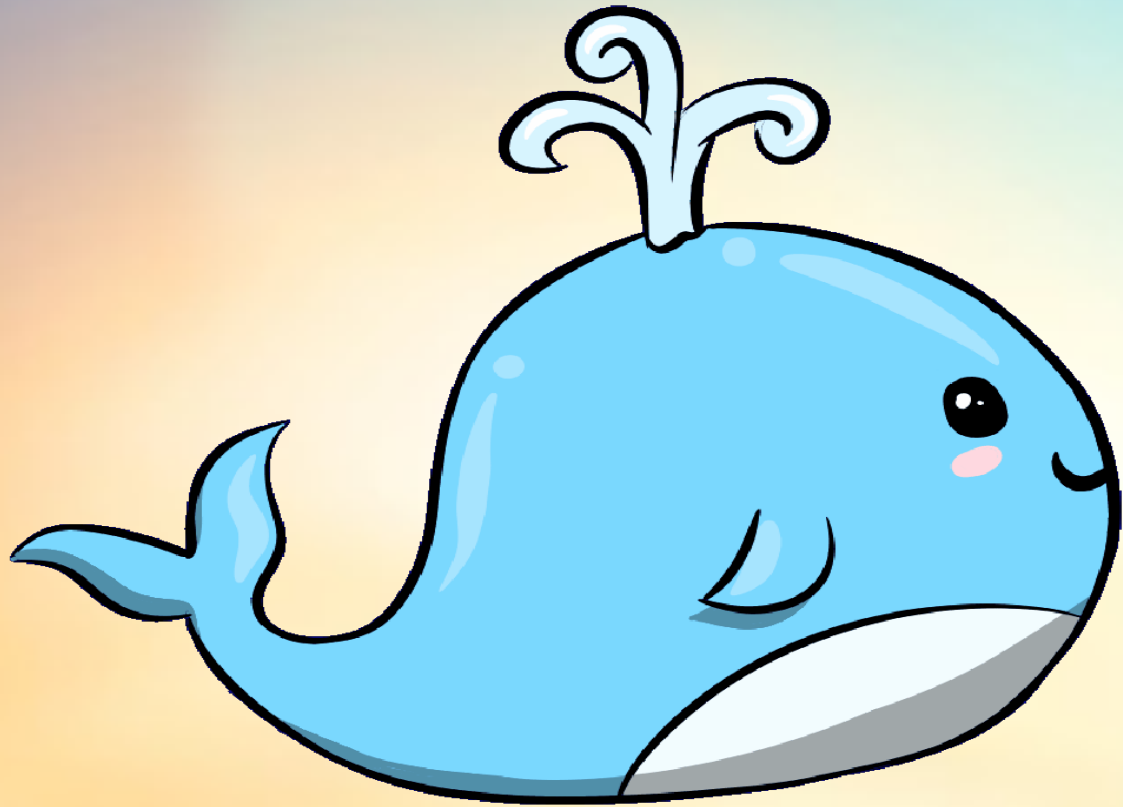
- Go to the floor on all fours
- Take a deep breath through your nose
- Open your mouth as big as you can
- Stick your tongue out / Open eyes wide
- And, ROAR!



- Kneel on all fours
- Breathe in as you lift your chin and tilt head back
- Breathe out while you slowly raise you back towards the ceiling and you lower your head



- Breathe in
- Breathe out with your mouth closed, while you HUM like a bee
- Repeat this breathing sequence for a few minutes

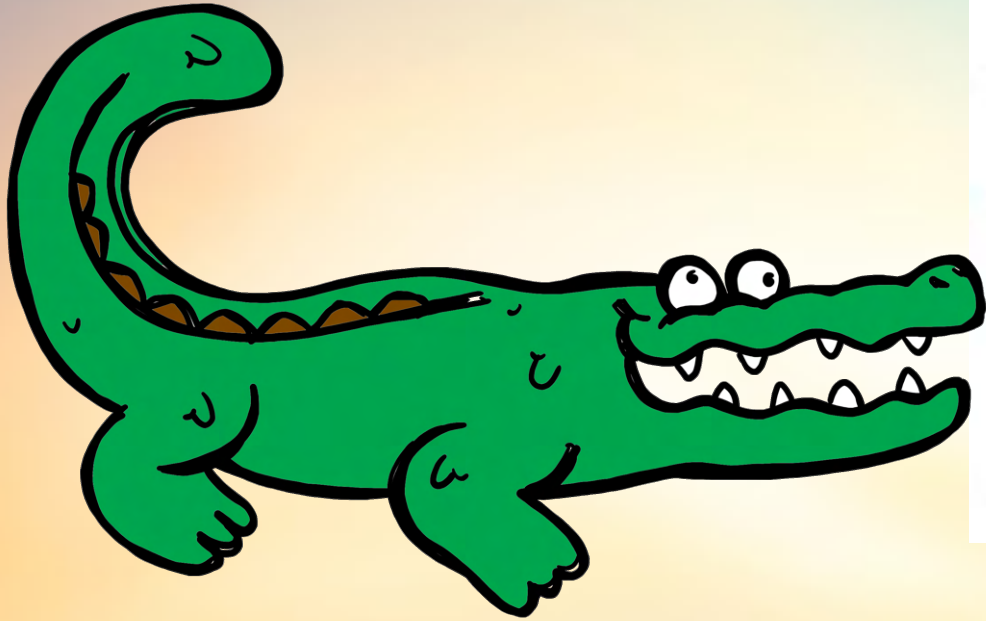


WHALE BREATHING

Sit up tall, take a deep breath in, and hold it for 5 counts.

Version 1: Tilt your head up, pretend your mouth is a blowhole and blow out.

Version 2: Put your hands up on top of head as you blow out to create a blowhole.



- Lie on your tummy
- Fold your arms above your shoulders and rest your head on them
- Breathe in & out and relax