

#  
YOU'VE  
BEEN  
MISSED

## Mindful breathing – Activity for parents and carers

### How to help your child or young person practice mindful breathing

A way to help us when we feel anxious or worried and bring us back into the present moment is to focus on our breathing; this is called mindful breathing. When thinking about mindful breathing the most important thing is to make sure your breath out is longer than your breath in. For example, if you mindfully breathe in ...1,2,3... you will need to breathe out ...1,2,3,4,5...

Remember this timing doesn't need to be in seconds just a consistent rhythm. Encourage your child or young person to notice their breathing. For example, their chest filling up with air and emptying again, the air going in and out of their nose and other sensations they feel around their body when they breathe in and out. Sometimes it can be helpful to place a hand on our stomach when we breathe in and out, to notice the rise and fall. Encourage your child or young person to try this if they are finding it difficult to focus on their breathing.

*Practice the exercises below with your child or young person.*

### Exercise 1 - Take 5 Breathing

1  
2  
3  
4  
5

#### STAR

Stretch your hand out like a star

#### TRACE

Get the pointer finger of your opposite hand ready to trace your fingers up and down

#### SLIDE

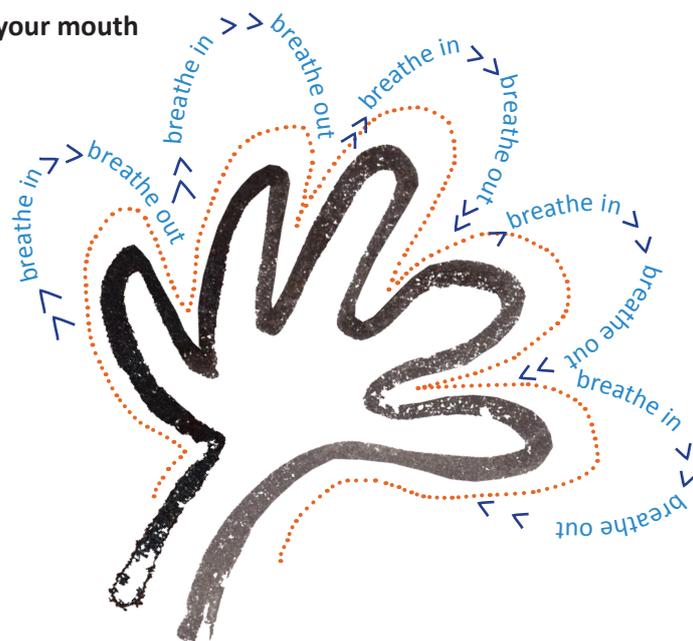
Slide up each finger slowly. Slide slowly back down the other side

#### BREATHE

Breathe in through your nose and out through your mouth

#### KEEP GOING

Put it together and breathe in as you slide up and out as you slide down. Keep going until you have finished tracing your hand



Ask your child:

"How do you feel now?"

"Are you calm or would  
you like to take another 5  
breaths?"

## Exercise 2 - Breathing

1  
2  
3  
4  
5

### TAKE A MOMENT

When you have big feelings, practicing breathing can help you feel calm again.

### FLOWER

Breathe in through your nose, as if you are smelling a flower



### PAUSE

Hold your breath for 5 seconds



### CANDLES

Breathe out slowly, as if you are blowing out a candle on a cake



### REPEAT

Repeat as many times as you need

Again, ask your child:

“How do you feel now?”

“Are you calm or would you like  
to take another 5 breaths?”