

# BREATHING EXERCISES FOR KIDS



- 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!



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



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



- Place your arms straight in front of you, hands opened, palms facing each other
- Breathe in as you open your arms to form a 180 degrees angle
- Breath out as they return to their initial position



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