Breathing Techniques for Kids

Calming strategies for children of all ages

Mindful breathing is a skill that can help children regulate their emotions. Each of the following breathing exercises takes just a minute or two and can be done anywhere. Teach kids during a calm moment, not in the middle of a hard one, so it's already familiar when emotions start to feel big.

Heart-Centered Breathing

Place one hand on your heart and one on your belly. Feel your breath rise and fall to bring your attention into the present moment.

Flower Breathing

Hold your pointer finger up like a flower. Breathe in through your nose to smell it, then out gently through your mouth to blow the petals away. Repeat several times.

Lion Breathing

Imagine you are a lion. Inhale through your nose, then exhale with a wide mouth and a loud "HA," like a roar. Repeat three times.

Finger Tap Breathing

Take a deep breath in and tap your thumb to each finger one by one, starting with your index finger. As you breathe out, go back the other way.

Shoulder Roll Breathing

Breathe in and raise your shoulders toward your ears. Breathe out and lower them all the way down. Repeat three times.

Triangle Breathing

Breathe in for three counts, hold for three, breathe out for three. Trace a triangle in the air as you breathe.

Belly Breathing

Rest a hand on your stomach. Slowly breathe in through your nose, watching your belly puff out like a balloon. Then slowly breathe out, feeling the belly fall.

Sunrise Breathing

Inhale deeply through your nose while raising your arms above your head like a rising sun. Exhale through your mouth as you lower your arms to your sides.

Mountain Breathing

Hold one hand in front of you with your fingers slightly apart to resemble a mountain range. Use the index finger of the other hand to slowly trace your fingers, starting by moving up from the bottom of your thumb. Breathe in as you "climb up" a finger, and slowly breathe out as you "descend." Complete for all five fingers.

Frameworks
Foundational skills for lifelong success

Frameworks of Tampa Bay is the leading nonprofit dedicated to equipping every child in Tampa Bay with the knowledge and know-how to become kind, collaborative, and capable citizens. We partner with trusted adults to model and teach emotional intelligence (EQ) to the children in their care and prepare teens to lead and succeed.