

Deep Breathing Exercises for Kids – Printable Guide

Introduction

Deep breathing exercises help kids regulate their emotions, reduce anxiety, and develop lifelong self-calming habits

Toddlers (Ages 1–3)

- Smell the Flower, Blow the Candle
- Bubble Breaths (use a real bubble wand!)

Preschoolers (Ages 3–5)

- Bunny Breaths: 3 quick inhales, 1 long exhale
- Belly Breathing with a stuffed animal

School-Age Kids (Ages 6–12)

- Star Breathing: Trace a star and breathe
- Square Breathing (Box Breathing)
- Rainbow Arm Breathing

Teens (Ages 13+)

- 4-7-8 Breathing
- Mindful Counting Breath
- Controlled Exhale (Vape-style breathing)

Any Age Game

- Feather Float Game: Blow gently to keep a feather in the air

Printable Tips

Practice daily during calm moments. Laminate and display near a calm-down corner or desk area.

Recommended Tools

- Bubble Wand: <https://www.amazon.com/dp/B07PYFGDKF?tag=tmsp29-20>
- Weighted Plush: <https://www.amazon.com/dp/B09JPH9MZW?tag=tmsp29-20>
- Breathing Necklace: <https://www.amazon.com/dp/B09TG1B8RC?tag=tmsp29-20>
- Hoberman Sphere: <https://www.amazon.com/dp/B000EUIL2M?tag=tmsp29-20>
- Craft Feathers: <https://www.amazon.com/dp/B084Q1Y6Y1?tag=tmsp29-20>

Bonus Resource

Download our free Chore System Printable: <https://tiredmomsupermom.com>