

Deep Breathing for Children

Use this script as a tool for helping your child relax during stressful or challenging situations.

Note to parents: Sit down with your child and explain that you're going to learn a new type of breathing: deep breathing (or abdominal breathing). Ask them to take a few slow, deep breaths and let their tummy push out as their lungs fill with air, and naturally let it go out, as the air leaves their lungs.

In a soothing voice, read the following script:

We are going to take several deep breaths.

In, 1, 2, 3, out 1, 2, 3.

Breathe in through your nose and out through your nose. If breathing out through your nose is hard, you can exhale through your mouth.

In 1, 2, 3, out 1, 2, 3. In 1, 2, 3, out 1, 2, 3.

Notice your breathing. Where does the air go once it is inside your body? Is the air coming into your chest? Or is it coming down into your belly?

In 1, 2, 3, out 1, 2, 3. In 1, 2, 3, out 1, 2, 3.

Try moving the air all the way to the bottom of your lungs down into your belly. You can put your hand on your stomach. When you are breathing deeply into your belly, your hand should rise and fall as you inhale and exhale.

In 1, 2, 3, out 1, 2, 3.

When you breathe deeply, the air comes deeper into your lungs and delivers fresh oxygen to your muscles all over your body.

In 1, 2, 3, out 1, 2, 3.

Keep breathing in slowly and breathing out slowly.

In 1, 2, 3, out 1, 2, 3.

Continue breathing deeply into your abdomen for five more refreshing breaths.