



Breathwork

How Breathwork Helps Children Feel Calm, Focused and Strong

Breathwork is a simple but powerful way to help children manage big feelings, calm their bodies and feel more in control. By learning how to breathe slowly and mindfully, children can reduce stress, improve focus and build emotional resilience.

When children practise breathwork regularly, they begin to notice how their breath can help them feel safe, steady and ready to learn. It is like having a superpower they can use anytime, whether they are feeling worried, excited, angry or just need a moment to reset.

Breathing exercises are easy to learn, fun to practise and can be used at home, in school or anywhere a child needs a little extra support.

Here are some child-friendly breathwork techniques for you to try:

1. Balloon Belly Breathing

Purpose: Calms the nervous system and increases body awareness.

How to: Sit or lie down with hands on your stomach. Inhale slowly through the nose, imagining the stomach inflating like a balloon. Exhale through the mouth, deflating the balloon. Use a soft toy on the belly for visual feedback.

2. Smell the Flower, Blow the Candle

Purpose: Teaches slow, controlled breathing.

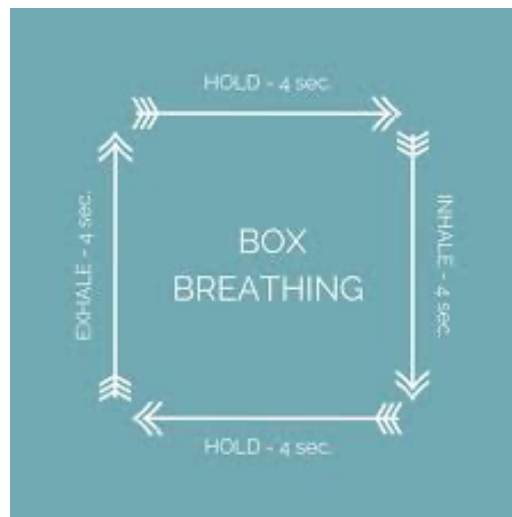
How to: Pretend to smell a flower (inhale through nose). Pretend to blow out a candle (exhale through mouth). Add props like a paper flower and candle for extra fun.



3. Square Breathing (Box Breathing)

Purpose: Builds focus and regulates anxiety.

How to: Inhale for four counts. Hold for four counts. Exhale for four counts. Hold for four counts. Trace a square with finger while breathing.



4. Bumblebee Breath (Bee Breath)

Purpose: Soothes and quietens the mind.

How to: Inhale through the nose. Exhale with a gentle humming sound like a bee. Cover ears lightly to feel the vibration. Great for sensory regulation

5. Feather Breathing

Purpose: Teaches gentle exhalation and breath control.

How to: Hold a feather or tissue in front of mouth. Inhale deeply, then exhale slowly to make it flutter. Try different speeds and distances



6. Rainbow Breathing

Purpose: Combines breath with visualisation.

How to: Imagine breathing in a colour (for example,, blue for calm, yellow for joy). Exhale stress or a darker colour. Use rainbow visuals or draw while breathing.



7. Animal Breaths

Purpose: Makes breathwork playful and relatable.

Examples include:

🐍 Snake Breath: Inhale, then exhale with a long "ssssss".

🐕 Puppy Panting: Quick shallow breaths (good for energising).

🐳 Whale Breath: Big inhale, hold, then slow exhale with a "whoosh".



8. 5-Finger Breathing

Purpose: Combines breath with tactile grounding

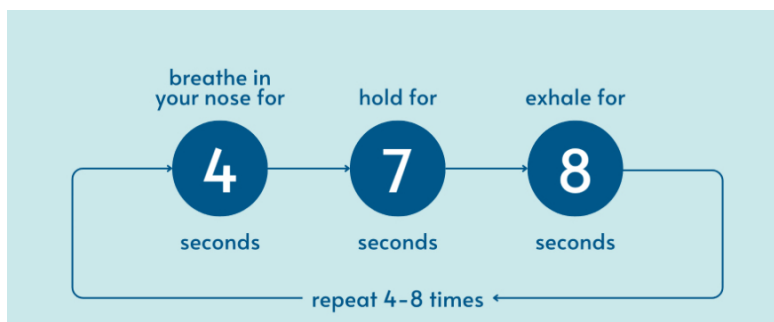
How to: Trace fingers with opposite hand. Inhale going up the finger, exhale going down. Repeat for all five fingers



9. The 4-7-8 Breathing Technique

Purpose: The 4-7-8 technique is a type of diaphragmatic breathing that helps soothe the body before sleep.

How to: Inhale for four seconds, hold the breath for seven seconds and exhale for eight seconds.





10. The Huberman Breathing Technique

Purpose: The technique is a type of breathwork that aims to reduce stress quickly and sooth the nervous system when someone is feeling overwhelmed.

How to: The breathwork involves one inhale through the nose for three seconds, followed by another short one second inhale through the nose and one long exhale through the mouth for six seconds, making a nose and vibration at the back of the throat. It is most effective when repeated for about two minutes and until the nervous system is calm.