

## Helping Your Child Calm Down With Deep Breathing





**Parents:** We have been working on deep breathing in class. This is a great way for your child and for us grown-ups to calm down when we are feeling stressed. We are practicing these deep breathing exercises so that we have a way of calming down when our emotions feel overwhelming.

Please watch the short "Just Breathe" video by Julie Bayer Salzman & Josh Salzman (Wavecrest Films) [https://www.youtube.com/watch?v=RVA2N6tX2cg&feature=emb\\_title](https://www.youtube.com/watch?v=RVA2N6tX2cg&feature=emb_title) You can follow this link or put it into a search box on YouTube to find it. You can watch it with your child, too.

Ask your child to show you how they are learning about deep breaths. Ask them to practice with you. You can sit together and practice deep belly breaths. Keep it simple. Breathe in slowly through your nose and fill down to your belly. Breathe out slowly through your mouth.

After you practice breathing, write down your child's name and your name on the chart below. Ask your child how they feel after practicing deep breathing. Ask them how they feel and then have them circle the emoji for how they feel. Tell them how you feel and then circle the emoji for how you feel.

Send this back with your child so we can see how the deep breathing is going.

Name	Bad	Good
		
		

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date