

Behavior Support Resources



**Mindfulness and
Breathing
Exercises**

Mindfulness

Mindfulness is the ability to be present, aware of where we are and what we're doing. We all have mindfulness, but it becomes more available to us when we practice it daily.



Mindful Parenting Family Tool Kit

Mindfulness for Families

Mindfulness can be fun!

Here you will find inclusive ways to bring Mindfulness practice to your family life.

This is a tool kit if you will, of all ages Mindfulness practices.

Please adapt and make them your own, in a way that suits your family.

Bring Mindfulness to all of your life with your children. Remembering the key is to take your oxygen before embarking on anything. Simply pay attention to your breath and your body and add Mindfulness before reacting.

5 MINDFUL PARENTING SELF CARE TIPS

1. Be Present (Are you thinking about the past or worrying about the future? What is happening RIGHT HERE RIGHT NOW)
2. Practice Compassion (For yourself, children and others)
3. Beware of Thought (Thoughts are not always Facts)
4. Acknowledge what you are feeling - emotions (Name it to Tame it)
5. Be Aware of Breath (Vagus Nerve - Deep Breath relaxes the body)
6. Be Aware of Body (Body Scan: Befriend Gravity)
7. Accept Things as They Are (Respond vs React – it is what it is)
8. Be Mindful of Technology (Turn it off, all of it, sometimes)
9. Acknowledge Transitions - *Transitions are the spaces between moments. Transitions are not just about just getting you ready for the next experience, they are the experience.*

**Great Resource
for Families!**



[Mindfulness Tool Kit](#)

Start your Mornings Mindful

Mindful Morning 



5	Slowly take five deep breaths.	
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

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Mindful Morning



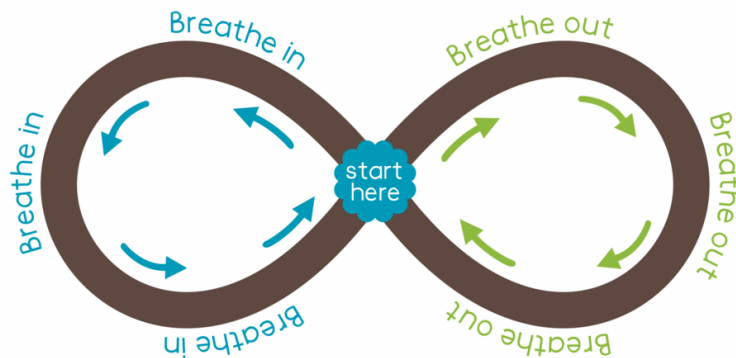
5	<p>Slowly take five deep breaths.</p> <div data-bbox="311 426 1003 556">Five empty square boxes arranged horizontally, used for counting breaths.</div>	A stylized illustration of five wavy lines, representing the flow of breath.
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Breathing

Deep breathing helps get more oxygen into your bloodstream. It has a physical effect on your body to help you calm down and lower stress. So deep breathing does make a big difference for kids.

Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



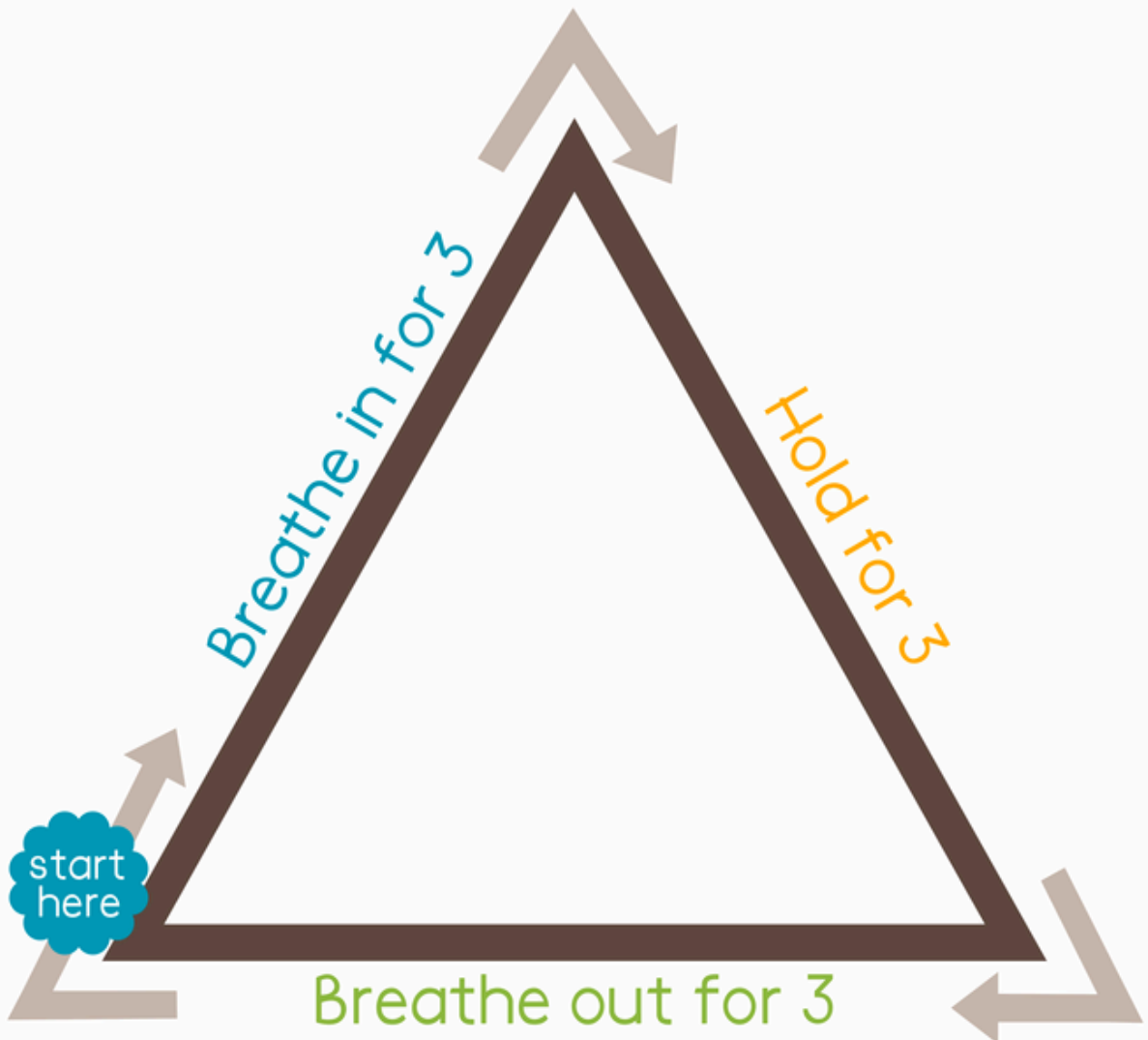
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Breathing Videos

- [Mindful Minute](#)
- [Rainbow Breath](#)
- [Belly Breathing](#)
- [Glitter Jar Song](#)
- [Guided Breathing](#)
- [Square Breathing](#)

Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



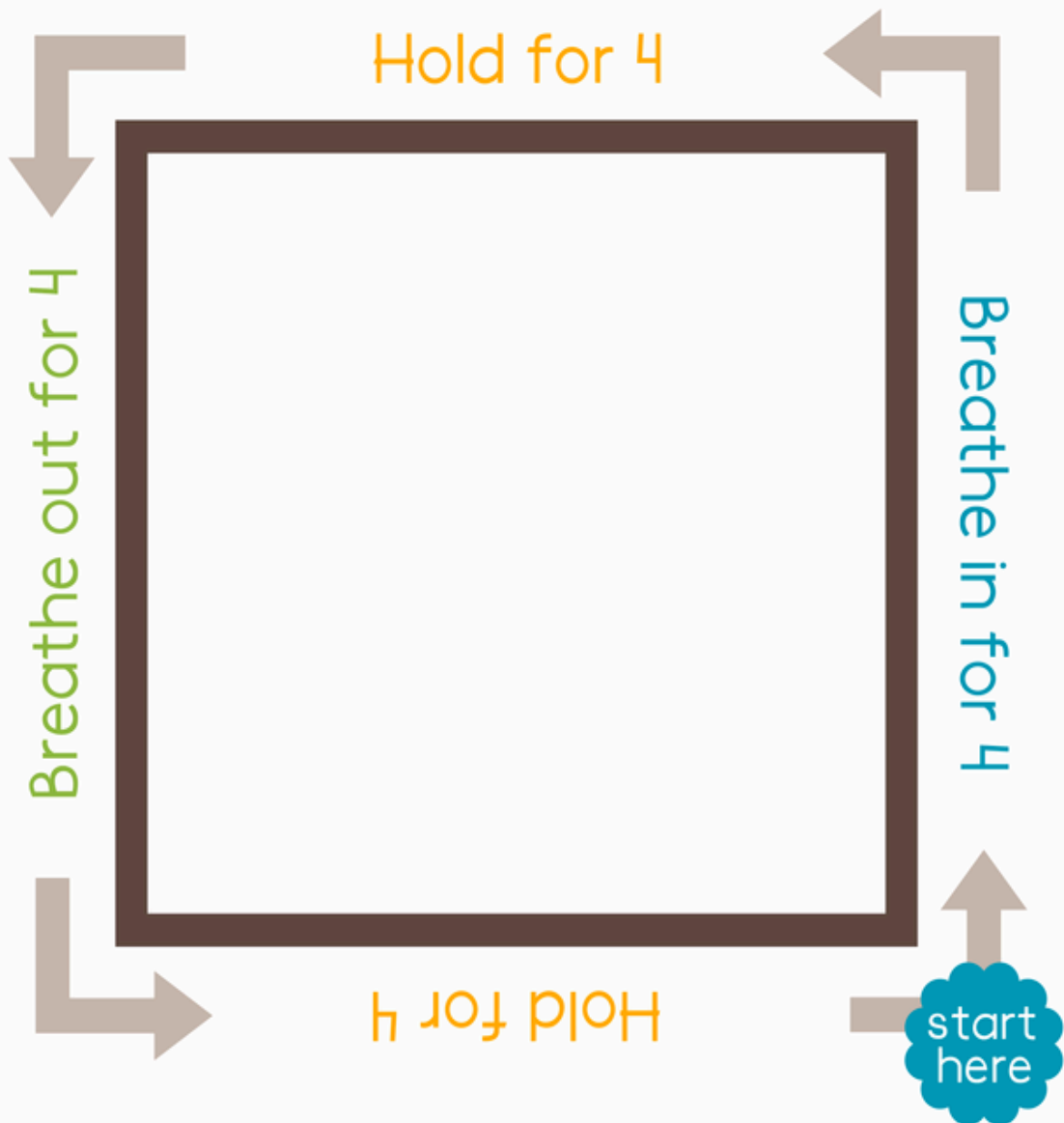
Star Breathing

Start at any "Breathe in" side,
hold your breath at the point, then breathe out.
Keep going until you've gone around the whole star.



Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



Breathing Exercises

Paying attention to how we breathe can often be overlooked because it's completely automatic. However, becoming aware of and incorporating breathing exercises into our daily routine has many benefits, including promoting calmness, increasing focus, and performing your best.

Breathing Breaks

Several times a day, take breathing breaks to help refresh your energy, let go of distractions, and increase focus.

- Stand and take a deep breath while your raising arms slowly over your head.
- Exhale as you lower your arms. Repeat 3 times.

Paced Breathing

Paced Breathing is a technique that can help to activate stress reduction mechanisms in the body by promoting a harmonious state between your respiration system and your heart.

- The basic technique is to inhale for a count of 2-4 seconds and exhale for a count of 4-6 seconds. Find the combination that works for you, making sure to exhale longer than you inhale.
- Focus your attention on a specific object, image, sound or even your breath to free your mind from distractions.
- Begin by taking a normal breath and then take a deep breath. Breathe in slowly through your nose, letting your chest and lower belly expand. Breathe out slowly through your mouth, pursing your lips and making a swoosh sound.
- If your mind wanders, gently redirect your focus back to the counting and breathing.
- Using a breathing app in the beginning can help serve as a breathing coach. Eventually, the paced breathing will become second nature.

Free Paced Breathing Apps:

iPhone:
Breathe Deep

Android:
Paced Breathing

Abdominal Breathing Technique

This technique can help create a feeling of calm composure, renewed energy, and focus.

- While sitting, with one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs.
- Exhale slowly through pursed lips. Initially repeat 3 times. You can work up to 6-10 deep, slow breaths per minute for 2-3 minutes.



[Breathing Exercises](#)

Breathing Exercises (continued)

4-4-8 Breathing

The 4-4-8 Breathing technique is great to use when you feel stressed or tense because it can help to calm the nervous system, clear the head of distractions and reduce stress.

- While sitting, breathe in through your nose for a count of 4, taking the breath into your stomach.
- Hold your breath for a count of 4.
- Release your breath through your mouth with a whooshing sound for a count of 8.
- Without a break, breathe in again for a count of 4, repeating the entire technique 3-4 times in a row.
- Focus on counting when breathing in, holding the breath, and breathing out.

Simple Yoga Breathing

Yoga breathing is relaxing and can be used anytime to help with a relaxation response, including when stretching during yoga.

- Sit or lie down comfortably, resting your hands below your navel.
- Tune in to the way you breathe. Inhale and exhale naturally through your nose for a few minutes, noticing the slight rise and fall of your hands. Consider the way the air feels as it enters and exits your nostrils.
- Start to count silently forward (1, 2, 3...), then backward (... 3, 2, 1) as you breathe in and out.
- Gradually make each exhalation twice as long as each inhalation. Focus on breathing slowly and smoothly, humming each time you exhale. The slight vibration can be very soothing.

Laugh

It's true what they say – laughter really is the best medicine. A hearty chuckle can stimulate circulation and soothe tension. Laughter also increases endorphins released by the brain and produces a relaxed feeling.

- Surround yourself with a few items that make you laugh – a funny cartoon, funny photos, or a fun toy.
- Share stories with co-workers. A willingness to laugh at yourself sometimes can also serve as a good reminder not to take life so seriously, which can do wonders for your stress level.

Note: Individuals can sometimes experience dizziness when practicing breathing exercises. With practice, dizziness usually goes away. If holding the breath or any part of the breathing exercise feels uncomfortable, reduce it down to just a few seconds.



[Breathing Exercises](#)

Yoga

Yoga is a great way to relax while improving concentration and providing a sense of calmness.

Kid's Yoga Sites and Videos

Click the links below



- [Kidding Around Yoga](#)
- [Cosmic Kids Yoga](#)
- [Yoga for Kids](#)
- [Yoga with Adriene](#)
- [StoryHive Yoga](#)

Yoga Poses

Child's Pose

Kneel on the floor, touching your big toes together. Sit back on your heels, and separate your knees hip-width apart.

Slowly bring your head down, and rest it on the floor in front of you. Rest your hands comfortably by your side. Relax and breathe.



Child's Pose

Kneel on the floor, touching your big toes together. Sit back on your heels, and separate your knees hip-width apart.

Slowly bring your head down, and rest it on the floor in front of you. Rest your hands comfortably by your side. Relax and breathe.



Cat Cow Pose

Begin in Table pose.

Round your back towards the ceiling and look at your belly.

On an inhale, come back slowly and gently to a tabletop position.

Then look up to the ceiling, and allow your belly to sink towards the floor.



Bow Pose

Lie flat on your tummy with your arms alongside your body, your palms up.

Bend your knees, flex your feet, take a deep inhale, lift your chest, and look forward.

Then reach your arms back towards your toes and grab your ankles.



Bridge Pose

Lay down on your back. Rest your arms on the floor, alongside your body. Bend your knees, and set your feet flat on the floor.

Lift your hips towards the ceiling. Hold this pose for a few breaths. Slowly lower your hips back to the floor.



Butterfly Pose

Bring the soles of the feet together, knees out wide.

Sit up tall.

Relax and breathe.



Airplane Pose

Begin in Mountain Pose. Extend your arms out to either side.

Lean forward, lifting one leg straight behind you.

Hold this pose, then return your leg to the ground and your arms to your sides.

Repeat with your opposite leg.



Yoga Posters

Mindfulness Activities

Activity Card 1:

Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.

Activity Card 2:

Sit very still and notice one thing that you can see, hear, feel, taste and smell.

Activity Card 3:

Close your eyes and spend one-minute thinking about the happiest day of your life. Try to remember as much about that day as you can.

Activity Card 4:

Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else? Think about how you know you are feeling this way.

Activity Card 5:

Close your eyes and sit quietly. Notice the way that your clothes feel on your body. Notice your shirt, pants and shoes. Do you notice anything you didn't notice before?

Activity Card 6:

Sit quietly and place a small object in your hand. A pencil, eraser, or something else. Notice how heavy the object is. Think about what it feels like in your hand. Notice one new thing about this object.

Name: _____

Date: _____

MINDFULNESS COLORING

Coloring is a great way to practice mindfulness. Just color below. Don't make any judgements about your coloring or artwork. Just let it happen. If you feel like you made a mistake, breathe and move on. It is part of the experience in practicing your mindfulness.

TAKE

a

mindfulness

BREAK




Name: _____

Date: _____

MINDFULNESS COLORING

Coloring is a great way to practice mindfulness. Just color below. Don't make any judgements about your coloring or artwork. Just let it happen. If you feel like you made a mistake, breathe and move on. It is part of the experience in practicing your mindfulness.





**As always reach
out if you have
any specific
needs or need
more
information.**

**We are here for
YOU!**