

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

These calming breaths will help your child regain their calm and ease. Mindful breathing strategies are a great way to manage feelings of anxiety or high levels of stress. They can be used for adults and children, although children naturally breathe faster than adults. So go at your own pace and enjoy the benefits these strategies can bring.

What skills does this practise?

Relax

De-stress

Gratitude at Christmas time

Further Activity Ideas and Suggestions

You will find many other resources in the Twinkl parents wellbeing section to help you and your child cope with the inevitable challenges of life and to thrive with them.

Look out for: [Christmas Eve Bedtime Guided Meditation](#) and [Christmas Candle Meditation](#)

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents Hub



Bell Breath

- Sit comfortably and close your eyes.
- Take a couple of easy breaths.
- Breathe in normally.
- As you breathe out, keep your lips lightly closed.
- Make a humming 'm' sound as you breathe out like a bell.
- Where do you feel the vibration most?
- At the end of your breath, take a new breath in.

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Penguin Breath

- Sit comfortably and close your eyes.
- Take a couple of easy breaths.
- Breathe in normally.
- As you breathe out, make one little pause in your breath.
- As you pause, imagine a penguin making a waddle hop.
- Next, try 3 little hops then breathe all the air out.
- Take a new breath and repeat.

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Marshmallow Breath

- Sit comfortably and close your eyes.
- Take a couple of easy breaths.
- Breathe in and imagine your belly is soft like a marshmallow.
- Imagine your breath in makes your belly expand like a happy marshmallow.
- As you breathe out, let your belly sink back.
- Notice how your belly sucks back a little at the end of your out breath.
- At the end of your breath, take a new breath in and repeat.

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Snowflake Breath

- Sit comfortably and close your eyes.
- Take a couple of easy breaths.
- Cup your hands as you catch an imaginary snowflake.
- Bring the snowflake close to your face.
- Gently blow on the snowflake.
- Imagine gently melting the snowflake with your breath.
- At the end of your breath, take a new breath in and repeat.

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Fireplace Breath

Sit comfortably and close your eyes.

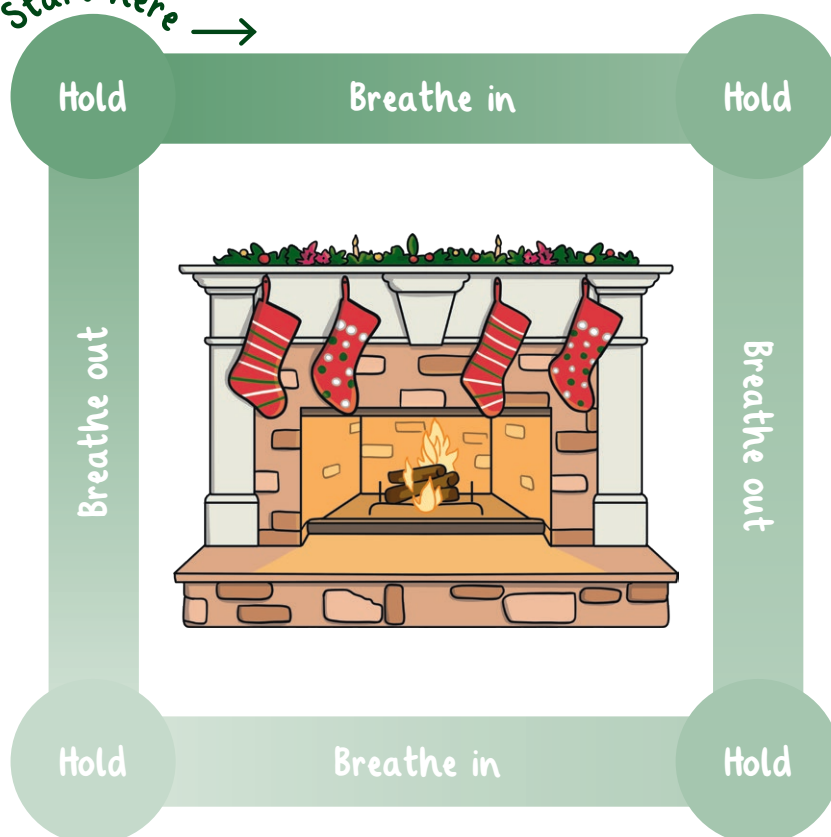
Take a couple of easy breaths.

Enjoy this breathing practice.

After a few minutes, come back to your own natural rhythm again.



Start here →



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Fir Tree Breath

Sit comfortably and close your eyes.

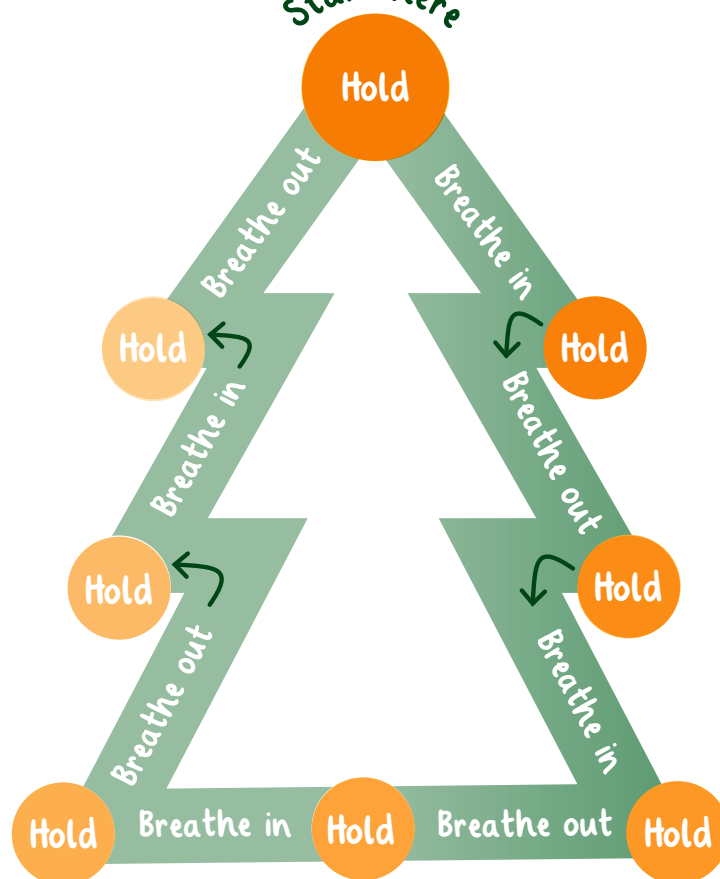
Take a couple of easy breaths.

Enjoy this breathing practice.

After a few minutes, come back to your own natural rhythm again.



Start here



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Snowman Breath

Sit comfortably and close your eyes.

Take a couple of easy breaths.

Enjoy this breathing practice.

After a few minutes, come back to your own natural rhythm again.



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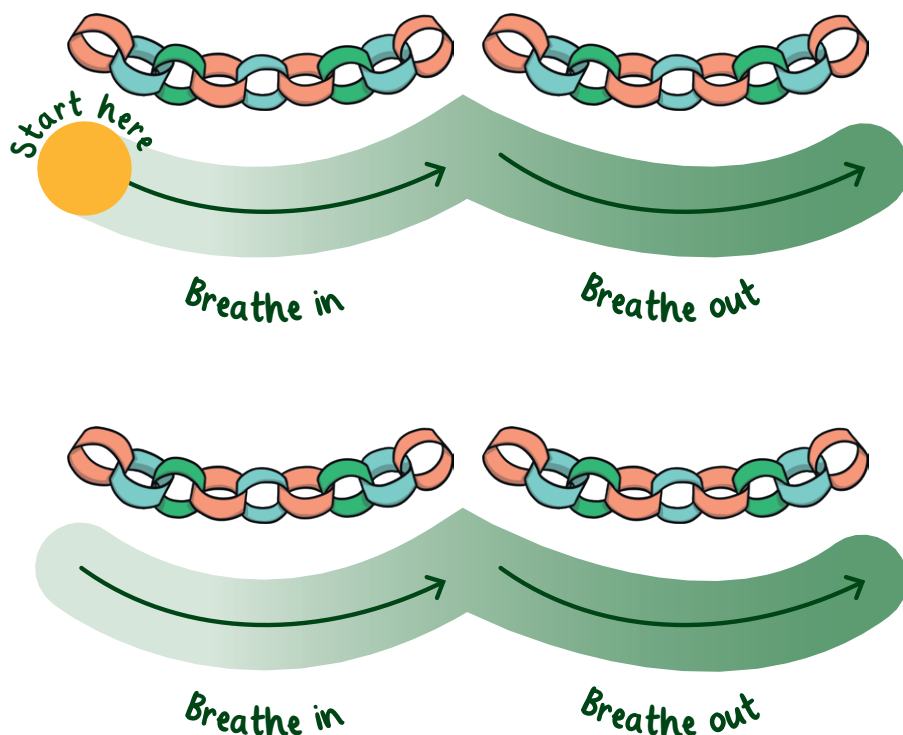
Garland Breath

Sit comfortably and close your eyes.

Take a couple of easy breaths.

Enjoy this breathing practice.

After a few minutes, come back to your own natural rhythm again.



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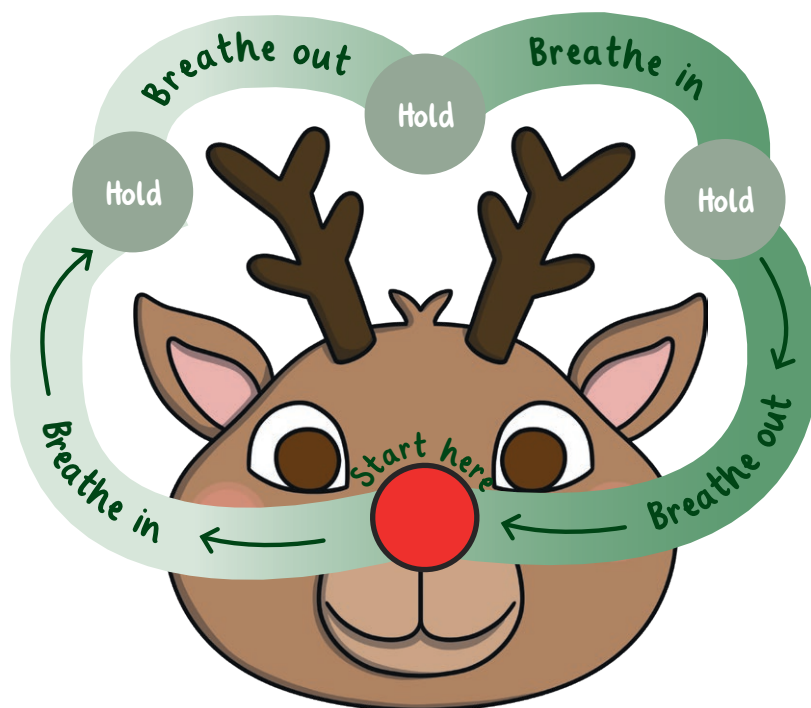
Reindeer Breath

Sit comfortably and close your eyes.

Take a couple of easy breaths.

Enjoy this breathing practice.

After a few minutes, come back to your own natural rhythm again.



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Stocking Breath

Sit comfortably and close your eyes.

Take a couple of easy breaths.

Enjoy this breathing practice.

After a few minutes, come back to your own natural rhythm again.



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Bauble Breath

Sit comfortably and close your eyes.

Take a couple of easy breaths.

Enjoy this breathing practice.

After a few minutes, come back to your own natural rhythm again.



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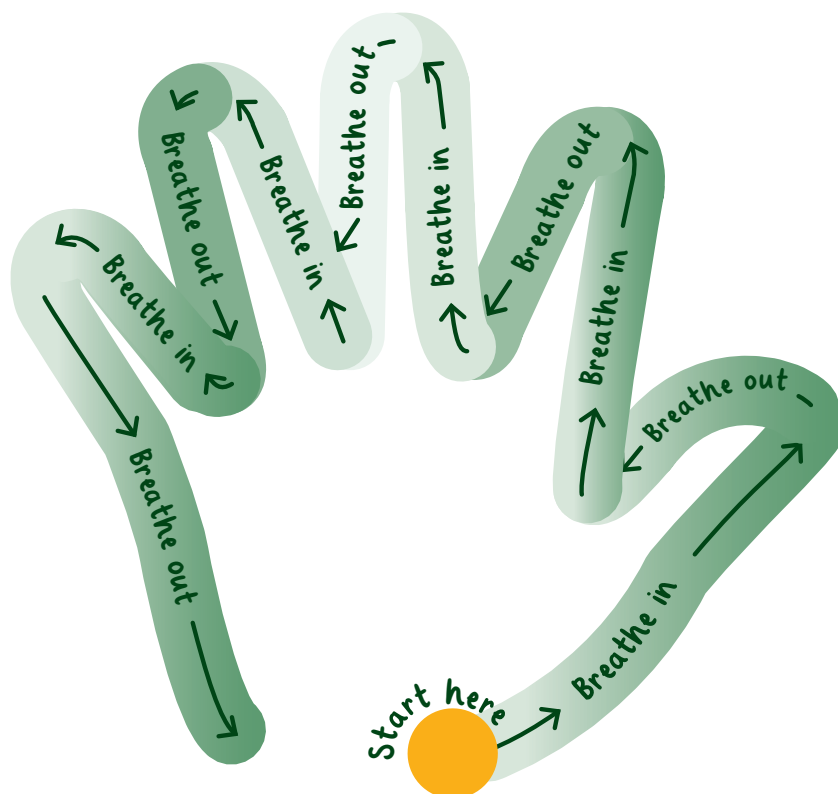
Elf Breath

Sit comfortably and close your eyes.

Take a couple of easy breaths.

Enjoy this breathing practice.

After a few minutes, come back to your own natural rhythm again.



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