
My little breathing book

By Anja Simmons



6 simple
breathing
techniques
for
children

Parenting Success Coach and Yoga Teacher.

HELLO AND WELCOME

After teaching yoga for over 8 years, in a hospital environment for kids with anxiety, the response at the end of each session was how transforming the breath work was.

It was a skill they could easily draw into their everyday life. I am so happy to share some of these with you..I myself have often used volcano or Reach for the sun in my life too. Feel free to adapt them, remember it's all about bringing our child into the present moment and being aware of their emotions so it is not about getting it right..



I have written this little breathing book as if I were teaching the breath work to your child.

However, my main goal is that you, as the parent, can help them see what breath is best for them in any particular situation and adapt it based on their ages.

You could join in with them on volcano..and perhaps be the story teller in Breathing Buddies.

VOLCANO BREATH: For releasing

Stand with your feet wide but comfortable.

Feel grounded through your feet, secure, present.

Take your hands in prayer position at your center.

Think about something, someone, an emotion that you would like to "energetically" get rid of. Something that is bothering you that you no longer wish to carry in your body.

Use your hands to rise up over head as you take 3 sharp inhales through your nose..on the exhale (volcano erupting) say it out loud as you draw your arms back to your side..repeat as many times as you need until you feel lighter or more peaceful.



REACH FOR THE SUN: Finding
your power, your inner
strength.

Stand with your feet hip
distance apart.
Hands on hips, knees soft

Reach up with one arm way up
above you as you grab your
power and then with a strong
sound of "huh" bring your fist
quickly back to you belly
button.

Repeat with your other hand
getting louder and louder until
you again feel your beautiful
power.



BUNNY BREATH: quick wake up or refocus during the day.

Same breath pattern as volcano but the body stays still

3 short intakes of breath (like big sniffs) through the nose, mouth is closed then a big breath out through the mouth (like you are trying to fog a mirror)

This is a great one when we have trouble focusing or paying attention



ALTERNATE NOSTRIL BREATHING: Calming breath, re-focusing.

You can do this breath anywhere, in the car, in bed, at your desk, in the washroom..anywhere... it sounds complicated but practice a few times and it will begin to be so easy..if you have trouble with remembering right or left..no worries just start one side and follow the breath.

Use your thumb and a finger (anyone that's easiest) on your dominant hand.

Gently press your finger or thumb against your right nostril to gently close it.

Breathe out of your left nostril.

Then breath back in on your left nostril, gently close it.

Release your right nostril as you now exhale and then inhale on that side.

Gently close and exhale(release hold) on your left side.

Keep breathing in and then out on each side for about a minute and see how you feel.



TAKE 5 BREATH: This gives you a chance
to pause
before you respond or react.

Make a gentle fist with your hand.

As you breathe in begin to open each
finger for the count of five.

As you breathe out, close down each
finger for the count of five.

Try to allow your breath to keep inhaling
or exhaling for the length of your five
count.



BREATHING BUDDY: Calming, connecting, sleeping.

Find a favorite small, slightly weighted,
toy that can lay fairly flat.

Lie down and get comfortable. (beanie
babies are ideal)

Place your teddy, toy, small pillow..on the
middle of your tummy.

Close your eyes and as your breathe in
feel the toy rise up as your belly fills and
come back down as you breathe out.

Think about a beautiful journey that you
can take this toy on through your breath.
Each time you breath in your belly rises,
each time you breath out the belly gently
falls.

Try to do this for 2 minutes.



Namaste

THE LIGHT IN ME SEES THE LIGHT IN YOU

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Please visit my Parenting Success
YouTube channel for a video on
these breath work techniques.

