

Breathing Cards

We have practiced lots of breathing techniques here on the body section. We understand the importance of children taking time to slow their breathing and connect with the present.

By now your child might have tried different types of breathing activities and might have found one or two that work for them. Continued encouragement from you will support their mastery of breathing calmly which has a huge benefit on their Heart, Body and Mind.

Here are some [Breathing Cards](https://www.barnardos.ie/media/8621/breathing-cards.pdf), <https://www.barnardos.ie/media/8621/breathing-cards.pdf> from childhood101.com, <https://childhood101.com/> with different breathing activities and instructions. These can be printed and cut out for use every day with your child.