



Breathing: Dragon's Breath

Breathing exercises help children calm down and become aware of their bodies.

Take a deep breath in while raising arms over head. Release air out while simultaneously bending knees, bending forward at the waist, and flinging arms down and then behind.

Narrate and Label

Working Memory

“Wow, that’s a lot to remember. You have to think about bending your knees, where your arms go, *and* when to push the air out.”