



Breathing: Fast Noses

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

Have children sit in a comfortable position, shoulders back, spine tall, and hands in their lap or over their heart.

Play with nose breathing by having children breathe faster and faster through their noses only. Start with slow breaths and build up to faster and faster.

Narrate and Label

Cognitive Flexibility

“You are used to breathing with your mouth. It can be tricky to just use your nose this time, but you’re doing it!”