Calm-Body Breath Cards

12 clear breathing practices for kids.

Belly Breath



One hand on your chest, one on your belly.

Breathe in for 3. Breathe out for 4.

Finger-Trace Breath



Trace up a finger as you breathe in.

Trace down as you breathe out.

Feather Breath



Breathe in through your nose.

Blow slowly enough to make the feather wiggle.

Choose one card. Practice when the body is already calm, too.

Print on cardstock, cut on the dashed lines, and keep the cards nearby.

Breathing practices are supportive tools, not medical care. Stop if a child feels dizzy or uncomfortable.

Calm-Body Breath Cards

Cut on the dashed lines.

Belly Breath



One hand on your chest, one on your belly.

Breathe in for 3. Breathe out for 4.

Finger-Trace Breath



Trace up a finger as you breathe in.

Trace down as you breathe out.

Square Breath



Trace one side while breathing in.

Trace the next side while breathing out.

Reach and Breathe



Breathe in as your arms reach up.

Breathe out as your arms come down.

Shoulder-Drop Breath



Lift your shoulders as you breathe in.

Let them drop as you breathe out.

Feather Breath



Breathe in through your nose.

Blow slowly enough to make the feather wiggle.

"Be still, and know that I am God."

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Calm-Body Breath Cards

Cut on the dashed lines.

Humming Breath



Breathe in quietly through your nose.

Hum the air out until the sound ends.

Curl and Breathe



Hug your knees loosely.

Make your exhale longer than your inhale.

Feet-on-the-Floor Breath



Press both feet into the floor.

Notice the support beneath you as you breathe.

Warm-Hands Breath



Cup your hands near your mouth.

Slowly breathe out and feel the warm air.

Wing Breath



Open your arms as you breathe in.

Bring them back as you breathe out.

Blanket Breath



Rest a hand or blanket on your belly.

Watch it rise and fall with each breath.

"Be still, and know that I am God."

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