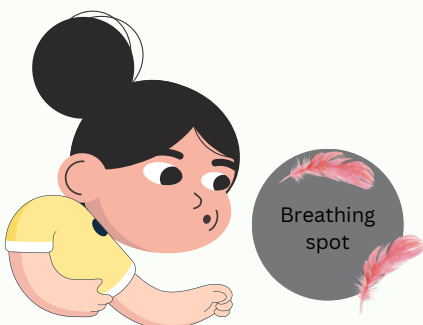


Breathing Calm Down Resources

1. **Cut out the circle/spot and stick on the wall.**
2. **You can add feathers also to the circle.**
3. **When children are feeling frustrated, they can go over to the spot and blow as hard as they can, trying to blow all the negative feelings away.**

Some other calm down ideas for children are:

- **Let the child blow bubbles, to help them regulate their breathing.**
- **Pinwheel breathing – this allows them to focus on their breath and blowing the pinwheel around.**



**BREATHING
SPOT**

**BREATHING
SPOT**

**BREATHING
SPOT**

**BREATHING
SPOT**

**BREATHING
SPOT**