



Hello everyone,

I hope you enjoy the below activities, be sure to let me know how you found them.

Breathing exercises

All breathing exercises send oxygen to the brain which helps to bring it back online and calms the fight part of our brains.

Put a teddy bear on your tummy and watch the teddy go up and down as you breathe into your belly

Pretend to blow at a really hot cookie to make it cool down

Blow bubbles - if you are breathing properly you will blow a long line of bubbles

Scribble drawing

Place paper on the table

Take your pencil for a walk until the page is full, keep the pencil on the page, don't lift it off

Look at your picture can you find any object? (toy, animal, person) colour them in

If you can't find anything just colour in different parts

Circle drawing

Fill your page with circles / whatever shape you may be teaching, they can be different sizes, they can overlap.

Choose to colour them whichever way you like using markers / crayons/ pens/ pencils you choose. You could colour in the overlaps, the whole shape, a mix etc. You choose.

Breathing techniques – This focuses and calms the mind

Child makes their hand print using paint. Let it dry! With a pen write breathe in up one side of the fingers and breathe out on the other. Add a pause sign at the bottom of each finger as a sign to hold the breath for a moment.

The child then traces their finger along the hand print, breathing in as they go up the finger, hold the breath at the top and breathe out as you go down the finger

Hope you enjoy.

Mrs Martin