



**Build Strong  
Lungs**



**Reduce  
Stress**



**Rest and  
Restore**



**Enhance  
Athletic  
Performance**



**Boost Focus  
Skills**



**Practice  
Mindfulness**

# Breathwork for Kids

*Why & How*



**BE BUDDY**<sup>®</sup>

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# Why Teach Breathwork to Kids?

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Teaching kids breathwork, or "breathing on purpose", offers numerous benefits for their physical, mental, and emotional well-being.

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Here are some reasons why teaching breathwork to kids is important:

**Stress and Anxiety Management:** Deep belly breathing can help children reduce stress, anxiety, and overwhelm. It activates the body's relaxation response, calming the nervous system and promoting a sense of calmness.

**Emotional Regulation:** Breathwork provides children with a tool to manage and regulate their emotions. By teaching them how to use their breath to slow down, they can better navigate challenging emotions.

**Focus and Concentration:** By bringing their attention to the breath, they learn to anchor their awareness in the present moment, enhancing their ability to pay attention and stay focused on tasks or activities.

**Self-Regulation:** Breathwork empowers children with a self-regulation tool they can use independently. It teaches them how to self-soothe and manage their internal state, promoting emotional resilience.

**Mindfulness and Body Awareness:** Breathwork helps children develop a deeper connection to their bodies and enhances body awareness.

**Improved Sleep Quality:** Certain breathing exercises, such as long exhales or progressive muscle relaxation, can help children relax and prepare for sleep. Incorporating breathwork into bedtime routines can promote better sleep quality and help children wind down after a busy day.

**Coping Skills for Life:** Breathwork provides children a lifelong tool for managing stress, anxiety, and various emotional states.



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# Breathing Practice Tips for Parents & Caregivers

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Here are a few quick tips to help kids build a healthy breathing routine to learn lifelong tools to feel calm, focused, and connected when they need it most!!

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- Introduce & practice mindful breathing with children when they are in a **calm state**.
- Be the **model** and practice healthy breathing habits.
- Have students practice belly breathing **daily** to create healthy breathing habits (just 3-minutes a day can make a big difference).
- Build breath & body **awareness** with students by practicing together and **asking questions** about how it felt in their body.
- Help students learn and **recognize** their physical signs of stress (tension) and respond with their favorite breathing exercise **before their worry takes over**.
- **Transitions** are a great time to practice using the breath to prepare the mind and body for a new task or activity.
- If a student has difficulty exhaling slowly, **use a straw** (or pursed lips) to restrict and slow down the breath.
- Use breathing tools and props to keep it **exciting and engaging**.
- **Keep it simple, consistent, and fun!**



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**START HERE:**

**BELLY  
BREATH  
RIDE**

# Belly Breath Ride

## OBJECTIVE

To teach healthy diaphragmatic breathing and body awareness

## MATERIALS

**BE Buddy®** or stuffed animal  
\*or place hands on belly

## BENEFITS

- Build breath awareness
- Cultivate healthy breathing habits
- Reduce stress and anxiety
- Improve self-regulation and focus skills
- Oxygenates the body



## HOW TO DO IT

1. Lie down on your back comfortably with your arms resting at your sides. Place a BE Buddy® or stuffed animal on your stomach, right above your belly button. Gaze towards your belly.
2. **Inhale** and fill your belly like a balloon, giving your buddy a ride up high towards the sky.
3. **Exhale** and lower the belly back toward the floor as you watch your buddy relax back down toward the ground.
4. Continue to inhale and exhale rhythmically like waves of the ocean. Inhale, rise, exhale, and lower back down.
5. Repeat for 2-5 minutes
6. When finished, place the buddy on the floor. Relax and return to a seated position.

## TIPS

- Start slow, and don't worry about the pace until you have the movement down
- Focus on lifting the object away as you inhale and letting it relax back down as you exhale
- Be careful not to hold your breath or brace your belly
- Keep neck and shoulders still

## REFLECTION QUESTIONS

1. How did it feel to slow down your breath?
2. When would be a good time to practice this exercise in your day?



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