

Part 4: More ways to be calm through breathing

- **KS1**

COVID-19
Coronavirus



Let's grow some breathing and focus skills to help feel calmer

Star breathing:

Start at any breath in side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.

Things you could say or do to help you focus and be successful:

- Breathe in like you are smelling a flower, breathe out like you are blowing out birthday candles
- Arms up and breathe in, arms down and breathe out
- Pretend your belly is a balloon. Breathe in and make the balloon bigger, then breathe out and make the balloon shrink



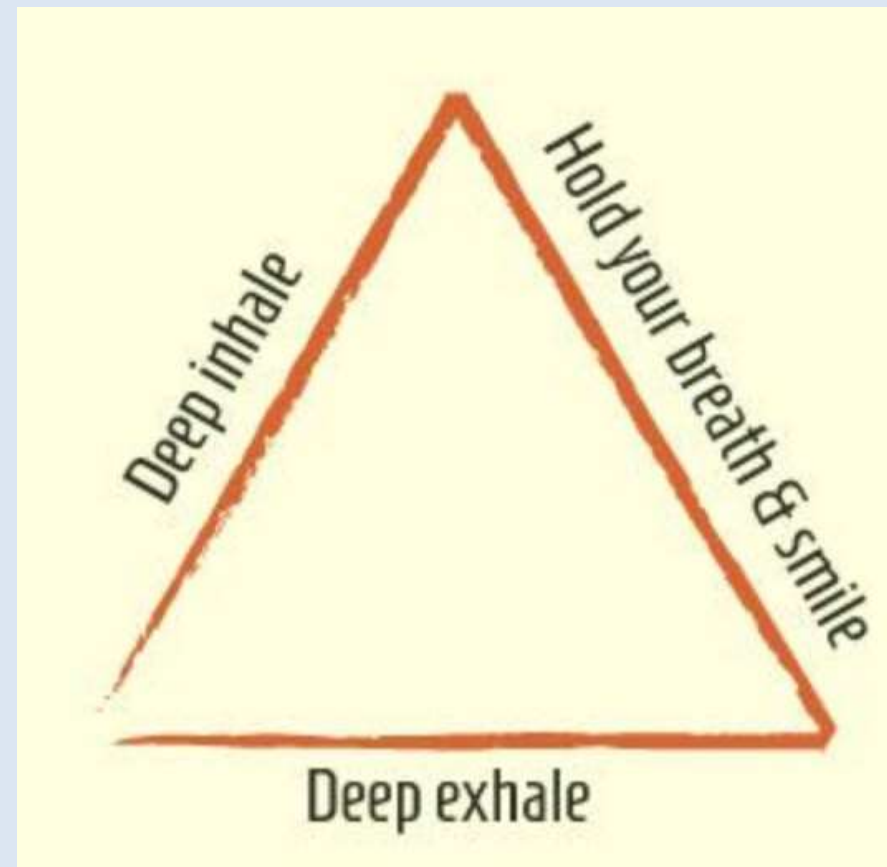
Breathing techniques

Finger Breathing



<https://www.youtube.com/watch?v=HqvZgpyVQ78>

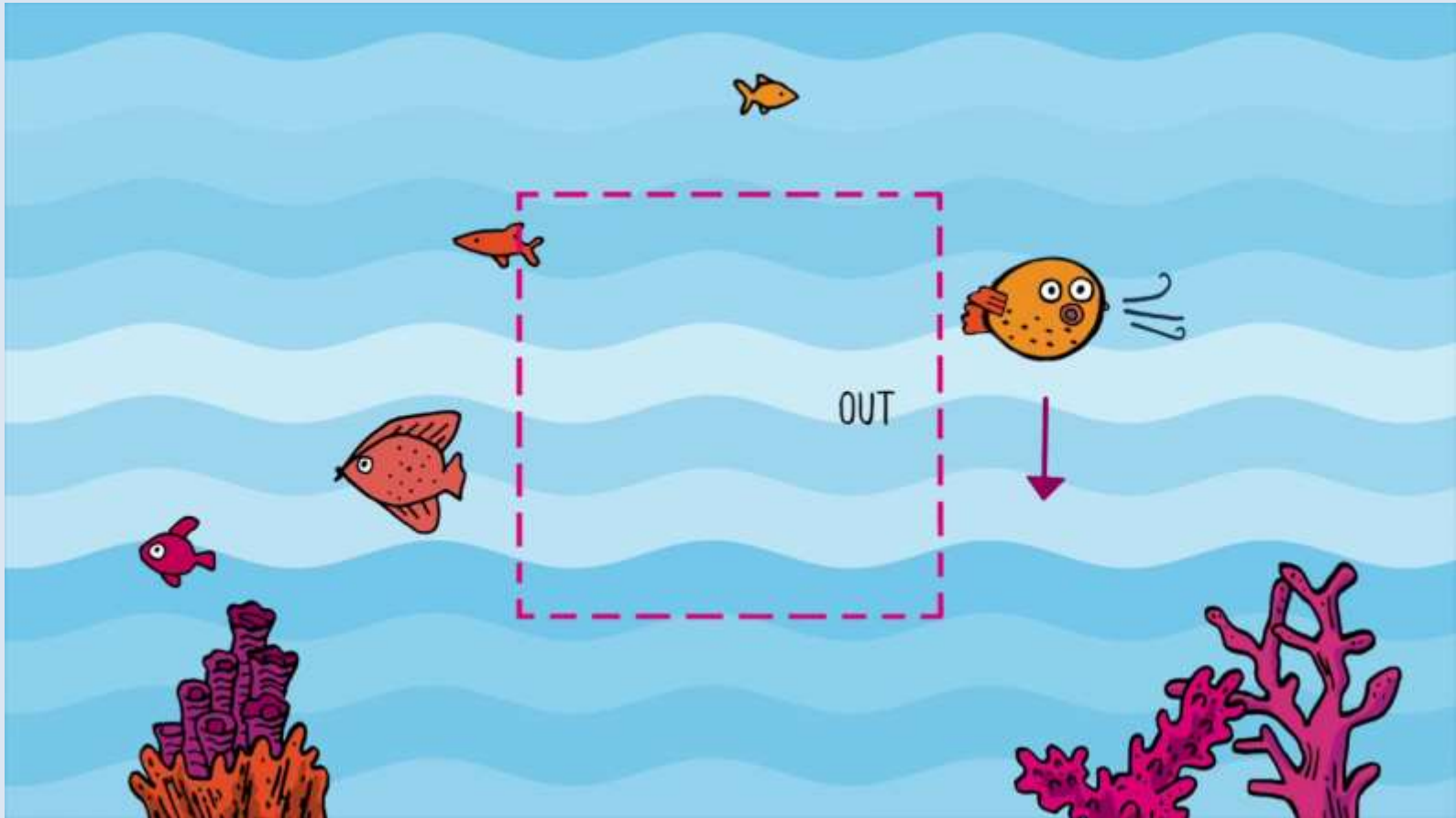
Triangle Breathing



4-7-8 Breathing Exercise

- **Find a breathing technique that you like and practise everyday until it becomes a healthy habit**





Let's try Square Breathing together

<https://www.youtube.com/watch?v=YFdZXwE6fRE>

**It is ok
to ask
for help**

- **It always helps to talk to someone if we have a worry.**
- **Remember it is normal to feel a mixture of feelings, both big and small, happy and sad, especially during these difficult and uncertain times**
- **If you have a big feeling that is making it hard to think about anything else, to concentrate or stopping you getting to sleep, it's time to get some help.**



childline

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