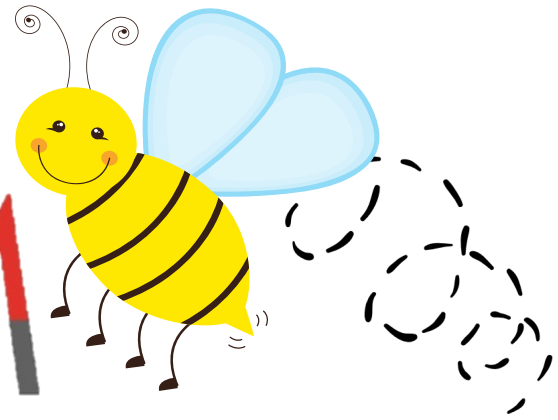


# Help Kids Reduce Anxiety

The buzz about

BLOOM



As seen in...

Calm  
Down,  
Kids!

Balloon  
Bellies  
& Bubble  
Breathing

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50 Things to Say, Think and  
Do with Anxious, Angry  
and Over-the-Top Kids



Ages 3 - 12

LYNNE KENNEY, PsyD  
WENDY YOUNG, LMSW

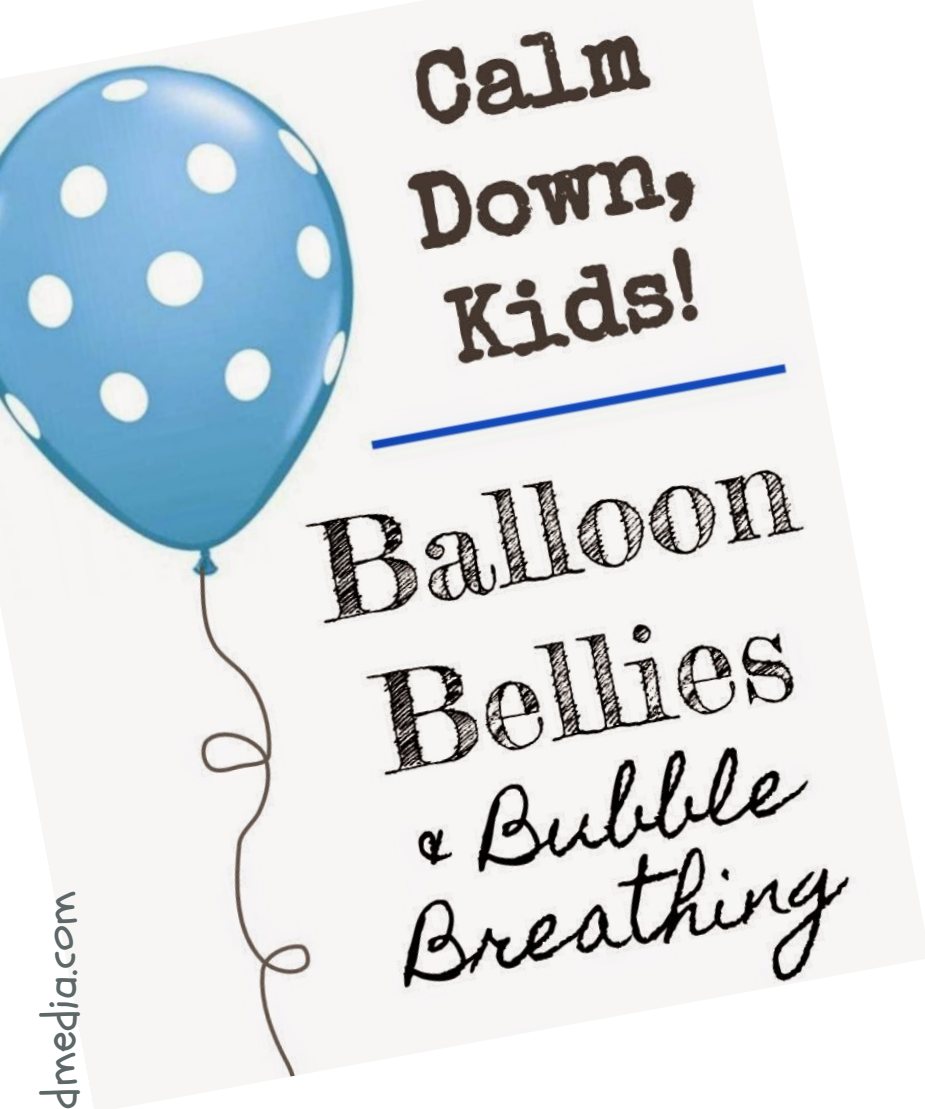
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Calm  
Down,  
Kids!

## Balloon Bellies & Bubble Breathing

# Balloon Bellies

When we become stressed, we often breathe very shallowly, filling our chests with air. Deep breathing requires that we fill our bellies with our breath. We should actually feel our diaphragm expand and contract when we do it right.

1. Tell kids to pretend they have a balloon in their belly that is filling with air when they breathe in, and that it deflates when they breathe out.
2. Demonstrate and practice with them, how to take deep breaths and exhale. Encourage kids to hold to their hands on their bellies to feel them expand when they are first learning how to do this. Repeat several times.
3. Count to 1-2-3-4 as you breathe in.  
Count to 1-2-3-4 as you breathe out.
4. Breathe in to the count of 4  
Hold for 4  
Exhale for 7

1-2-3-4

4-4-7

Pick one

# Bubble Breathing

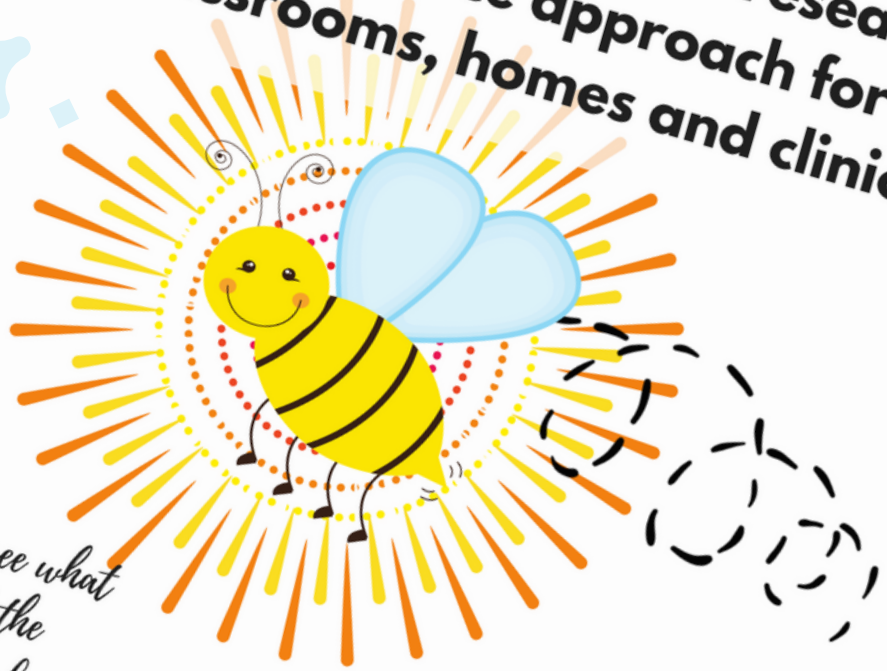
This one is great for outdoors or anywhere else you don't mind if a bit of bubble solution spills over, such as a kitchen or bathroom.

For this technique, simply ask kids to inhale deeply (filling their bellies with air) and exhale slowly, blowing the bubbles while they do so. This will help kids become more conscious and intentional about breathing out slowly. (It's pretty hard to blow bubbles when you are breathing forcefully out.) When kids become stressed, they can be encouraged to balloon breathe or bubble breathe (with or without the bubbles).





Neuroscience helps kids learn  
and behave better! A research-  
to-practice approach for  
classrooms, homes and clinics!



@drlynnkenney @kidlutions

*Come see what  
all the  
buzz is about!*

*Ages 3-12!*

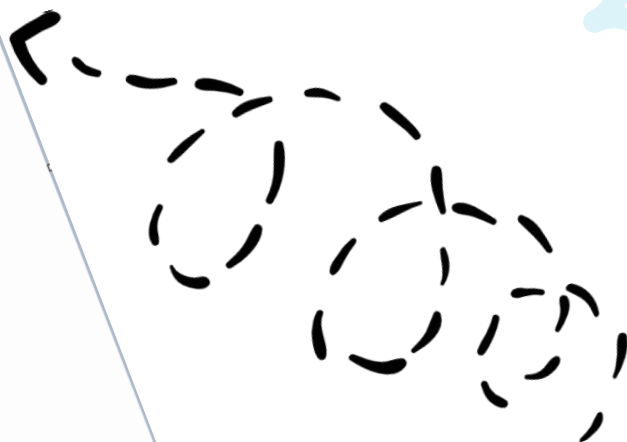
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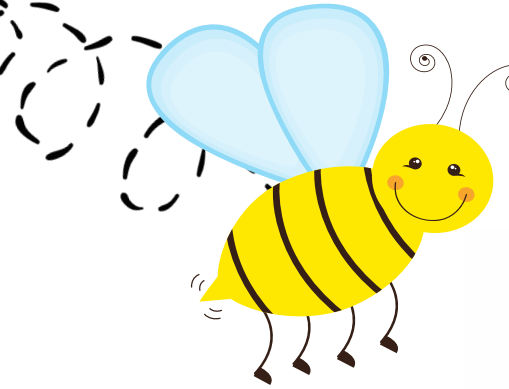
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