

# Breathe Like a Bear

## Learning Value:

Helping children to become aware of their breath will help them self-regulate and internalize strategies to calm themselves in a variety of situations.

## Materials Needed:

- ▶ None

## Participants:

This activity is intended for adult/child interaction.

## Directions:

- ▶ **Step One:** Explain to your child that you are going to pretend to be like a bear who is getting ready to sleep.
- ▶ **Step Two:** Help them find a comfortable space. "Let's find a spot here where we have room to relax."
- ▶ **Step Three:** Take a deep breath and encourage your child to do the same. Together, take a deep breath in, scrunch up your faces, open and lift arms, and hold for a count of three. Exhale loudly and then pause in stillness.
- ▶ **Step Four:** Repeat this a few times and let your child know that this is a way to help ourselves calm down when we are upset.

Bright Horizons.

**World** at Home