



# Balloon Breathing

## Simple Mindful Breathing for Children and Families

**Purpose:** Helps children calm their bodies, focus their attention, and practice mindfulness.

### **How to Do It:**

#### **1. Get Comfy**

Sit or lie down in a cozy spot.

Place hands on your child's tummy—this is their “balloon.”

#### **2. Breathe In**

Take a slow breath in through the nose.

Imagine the belly filling up like a balloon.

Quietly say in your mind:

“Breathing in... I’m breathing in.”

#### **3. Breathe Out**

Blow the air out through the mouth slowly.

Watch the balloon gently shrink.

Quietly say in your mind:

“Breathing out... I’m breathing out.”

#### **4. Repeat**

Continue for 2–5 minutes at a comfortable pace.

If the mind wanders, gently bring attention back to the balloon belly and the breath.

### **Tips for Parents:**

- Practice together as a family to model mindfulness.
- Try pairing breaths with fun imagery: blowing bubbles, floating balloons, or gentle waves.
- Use anytime your child feels upset, anxious, or restless.

**Remember:** A few minutes of balloon breathing each day can help children (and adults!) feel calmer, more focused, and connected.