mooki WELLBEING

10-minute activity

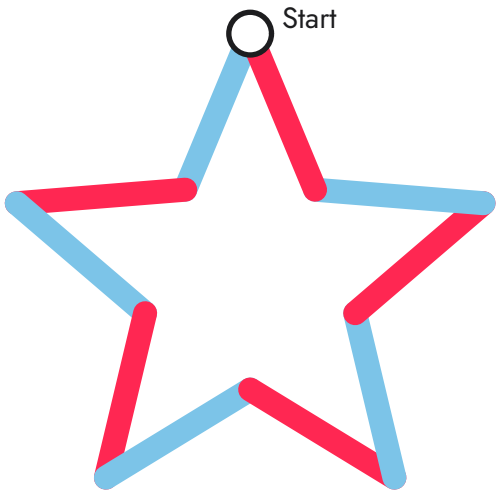
Calm Breathing

Slow breath in. Even slower breath out.

Name _____ Date _____

1 Trace the star

Use your finger



Breathe in slowly

Breathe out more slowly

All the way round = 5 calm breaths

2 Pick a game

Tick your favourite

Hot chocolate
Smell it, then blow to cool it down. ☐

Balloon tummy
Fill your tummy up, then let it go down. ☐

Teddy ride
Lie down. Watch teddy go up and down. ☐

3 I practised on

Colour a circle

○ Mon ○ Tue ○ Wed ○ Thu ○ Fri ○ Sat ○ Sun

FOR THE GROWN-UP

Practise when the child is calm, not in a big worry. Keep it gentle: slow breaths out are the key. Use it when worry starts to rise.

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