



DEEP BREATHING TECHNIQUES

“Deep breathing” is one of the best ways we can self-regulate our emotional responses to difficult situations. If we can teach children to control their breathing, we give them the ability to focus and control their reactions to emotional situations. When our breath is shallow and rapid, it can trigger the release of stress hormones (that fight, flight or freeze feeling that we are all familiar with). However, when our breath is slow, deep and measured, it signals our body to release hormones that are associated with feelings of calm and centred well-being.

However, “deep breathing” is quite a difficult technique to master, especially for children. Below are two different examples that can teach children simple and helpful techniques that they can easily memorise and repeat at school or at home whenever they might need them.

