Breathing and Mindfulness Exercises For Young Children

Breathing and mindfulness exercises can alleviate stress and depression, and lead to better positive emotions. Try these easy exercises:

**Bear Breaths** *(YouTube)*
This spring breathing exercise, "Good Morning Bear," teaches kids how to be mindful by stretching and breathing like a bear when they are overwhelmed with big emotions such as anxiety.

**Ch-ch-ch Train Breaths** *(YouTube)*
Hop on an imaginary train and do some fun yoga and breathing exercises.

**Shape Breathing from Coping Skills for Kids**
These great visual breathing guides are the easiest ways to help young kids learn deep breathing.

**Practice mindfulness through movement with these yoga poses by Health Powered Kids.**
This routine is only 30 minutes long and perfect for 3-8 year olds.