



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.

