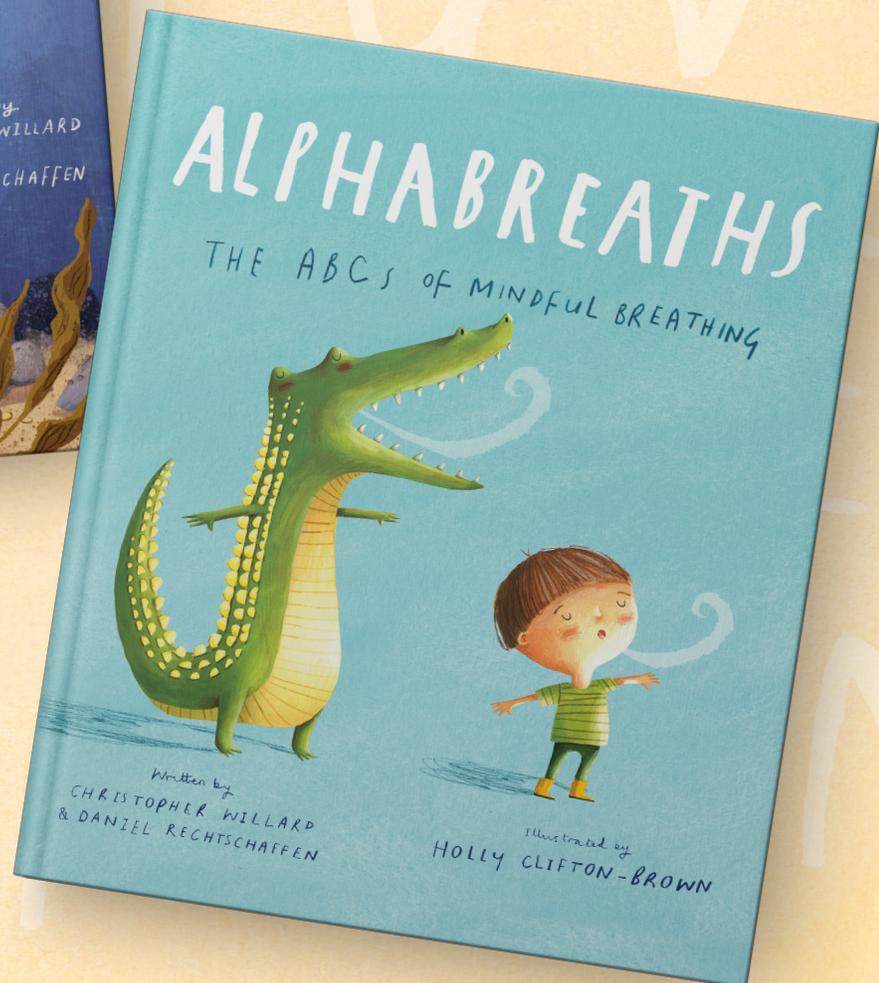
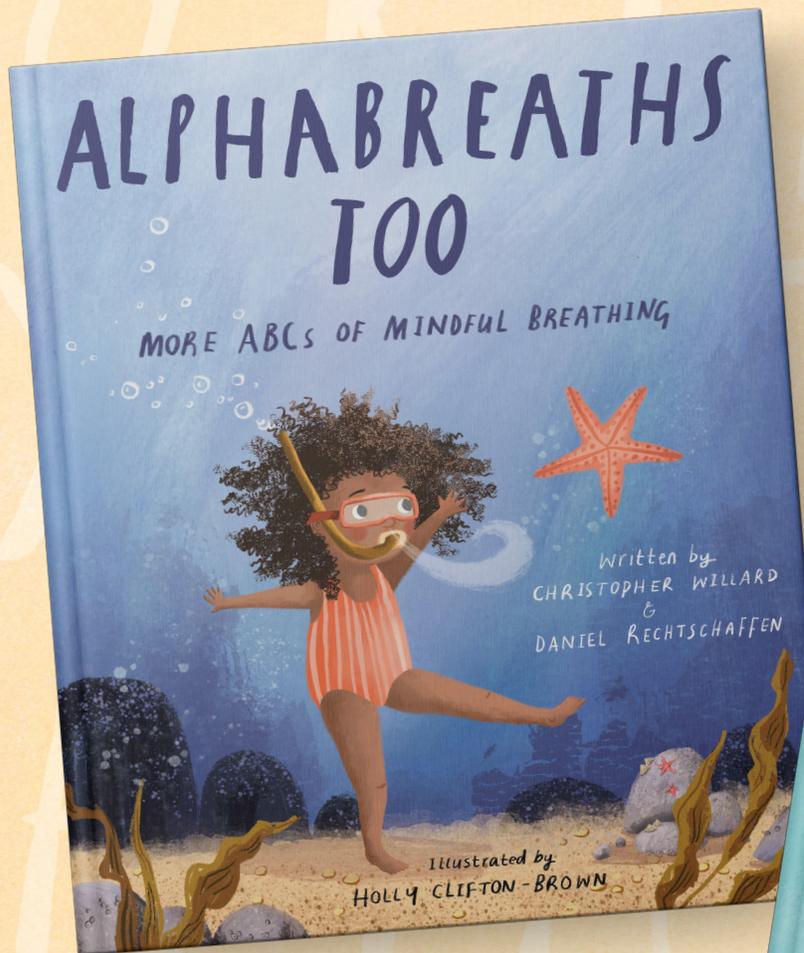


STORYTIME KIT

Five activities to explore
and experiment with
mindful breathing



What Is Mindful Breathing?

Mindful breathing is when we pay attention to the feeling of our breath in our bodies. When we focus on the natural flow of our breath, it helps us to feel calmer and clearer. When kids practice mindful breathing, they can follow the inhale and exhale in fun, engaging ways—like the breaths we’ve created for *Alphabreaths*—and enjoy all the benefits that come from that!

As a warm-up, you can start with Question Breath to give children a chance to check in with how they feel. Encourage them to share their answers.

Q

Question Breath

As you breathe in, ask yourself how you are feeling. As you breathe out, answer.



MAKE UP YOUR OWN ALPHABREATH

Many of the breaths in the *Alphabreaths* books were invented by or adapted from kids themselves. Here's a chance to get even more imaginative and create your very own breaths! *You can adapt the following steps based on age and how much time you have.*

1. Think of something that you love or admire that can help you focus on your breath. For example, it can be an animal, a superhero, your favorite food, something in nature, or anything else that makes you feel good.
2. How does this (animal/superhero/food/thing) make you feel? Does it help you feel calm when you're frustrated or brave when you're nervous? Does it cheer you up when you're feeling down?
3. Now comes the fun part: How can you act it out as a breath? What will you do as you breathe in? What will you do as you breathe out?
4. Describe your breath. You can use one of these examples to guide you or write it in your own words.
 - Breathe in, feeling brave and strong like a lion. Breathe out, letting out a powerful (but quiet) roar. [Breathe in, feeling _____ and _____ like a _____. Breathe out, letting out a _____.]
 - Breathe in and imagine you are a superhero. Breathe out and imagine how you will help someone. [Breathe in and imagine you are a _____. Breathe out and imagine _____.]
5. Draw a picture of your breath. At the top, write the letter, name, and description.
6. Teach someone how to do this breath, then do it together.

Alphabreaths Matching Game

- Cut out the cards and shuffle them.
- Lay the cards facedown.
- Player 1 turns over two cards.
- If the letters on the cards match, the player takes them and turns over two more.
- If they do not match, the player turns them facedown and player 2 takes a turn.
- Play continues until all the cards have been picked up.
- The player with the most card sets wins.

A

Alligator Breath

Open your arms wide like alligator jaws on the in-breath. Snap them shut on the out-breath.



B

Butterfly Breath

Spread your arms like beautiful butterfly wings on the in-breath, and let them flap gently on the out-breath.



C

Cake Breath

Breathe in as you imagine a birthday cake. Breathe out as you imagine blowing out the candles.



D

Dolphin Breath

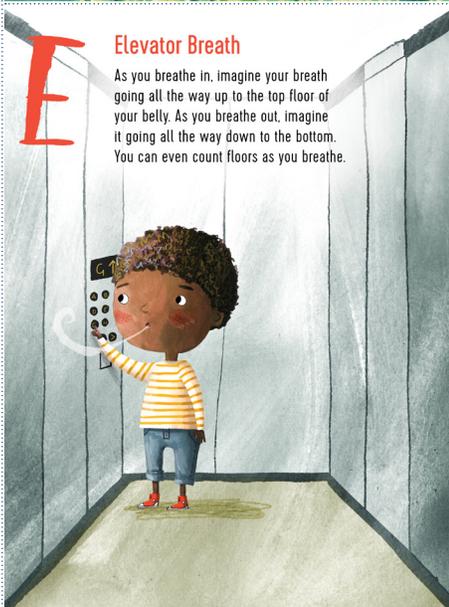
Breathe in as you lift your arms up high. Breathe out as you imagine diving into the ocean.



E

Elevator Breath

As you breathe in, imagine your breath going all the way up to the top floor of your belly. As you breathe out, imagine it going all the way down to the bottom. You can even count floors as you breathe.



F

Flower Breath

Breathe in and imagine you are smelling your favorite flower. Breathe out and imagine you are blowing the seeds of a dandelion.



G

Gratitude Breath

As you breathe in, think of a person you're grateful for. As you breathe out, send them a smile.



H

Hugging Breath

Close your eyes, give yourself a hug, and gently breathe in and out.



I

Ice Breath

Sit very still like you are frozen in ice. Notice how your body moves as you breathe in and out.



J

Join Your Breath

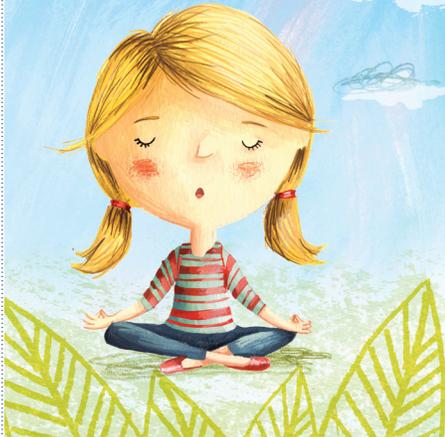
Join the rhythm of your in-breath and out-breath with a friend, so that you are breathing in and out together.



K

Know Your Breath

As you slowly breathe in and out, check in with your five senses. What can you feel, hear, taste, smell, or see?



L

Lion Breath

Breathe in, feeling brave and strong like a lion. Breathe out, letting out a powerful (but quiet) roar!



A

Astronaut Breath

Imagine you are an astronaut. Breathe in, counting down 3... 2... 1... Breathe out, blasting off!



B

Bunny Breath

Take three little sniffs in through your nose, and then a toooong breath out.



C

Chocolate Breath

Hold up an imaginary mug of hot chocolate. Breathe in through your nose, smelling the delicious drink. Then breathe out through your mouth, like you are blowing on your hot chocolate to cool it off.



D

Drawbridge Breath

Turn to a friend. Hold your arms out toward each other until your fingers are nearly touching, making a bridge. Breathe in and raise the drawbridge together; breathe out and lower the drawbridge back down.



E

Excavator Breath

Breathe in extending your digger arm, and breathe out scooping it back.



F

Fireworks Breath

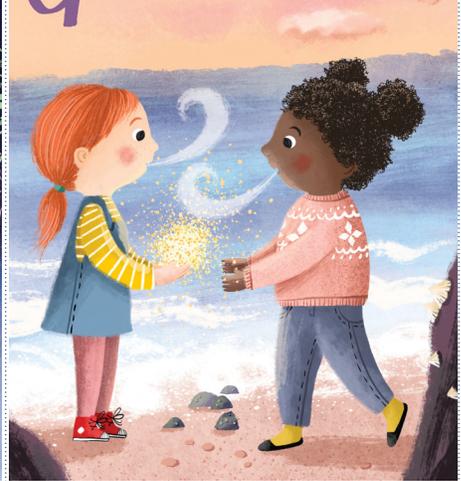
As you breathe in, picture your favorite colors. As you breathe out, imagine those colors shooting out of your fingertips and popping into the air like fireworks.



G

Gift Breath

As you breathe in, imagine a special gift someone has given you. As you breathe out, send them a thank you.



H

Hummingbird Breath

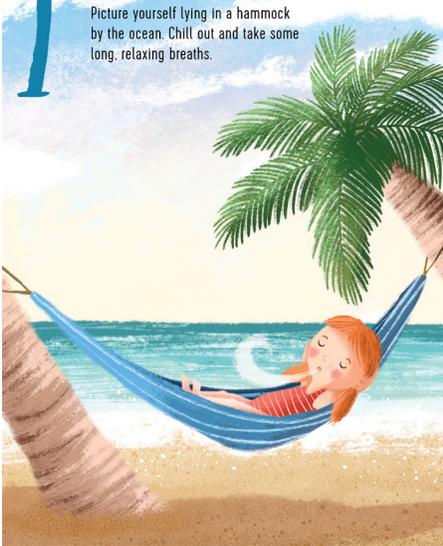
On the in-breath, imagine you are darting through the sky like a bright hummingbird. On the out-breath, let out a long hummmm.



I

Island Breath

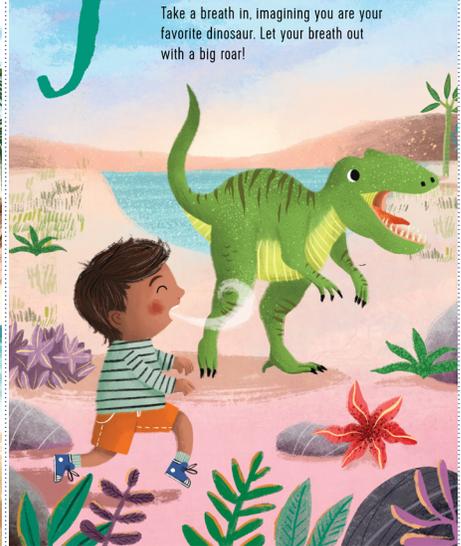
Picture yourself lying in a hammock by the ocean. Chill out and take some long, relaxing breaths.



J

Jurassic Breath

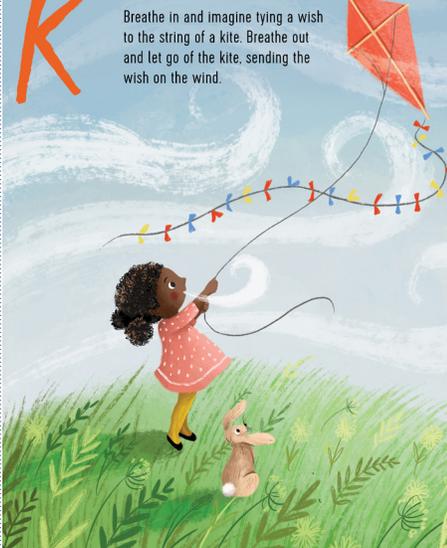
Take a breath in, imagining you are your favorite dinosaur. Let your breath out with a big roar!



K

Kite Breath

Breathe in and imagine tying a wish to the string of a kite. Breathe out and let go of the kite, sending the wish on the wind.



L

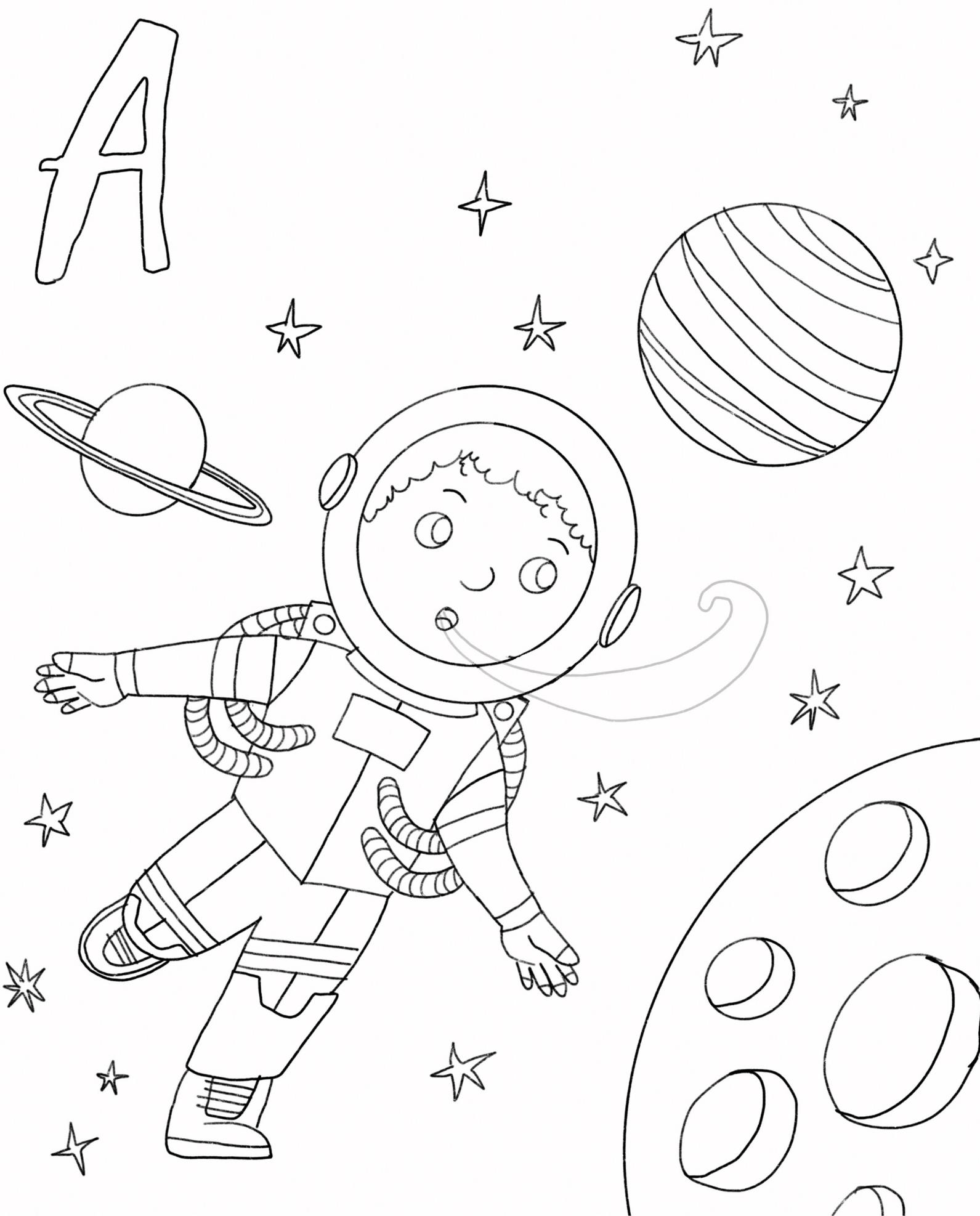
Love Breath

Breathe in and think of a person you love. Breathe out and send your love their way.



Daily Breaths

- Put the cards in a jar.
- Each day pull out a card to practice that breath.



Astronaut Breath Coloring Sheet



Superhero Breath Coloring Sheet