



Breathing Exercises for students and parents/caregivers

There are lots of breathing activities that can support our students' regulation especially around times like Mocks and exams. Here are a few to try.

Hot Chocolate Breath

Inhale and pretend to blow out slowly to cool down a warm cup of hot chocolate or favourite hot drink. The visualisation can be made more experiential by imagining cream, sprinkles and marshmallows to give the body more of a felt sense of a soothing resource.



Bubbles Breath

Imagine stirring the bubble spoon and slowly blowing on the exhale so the bubbles gradually grow bigger without breaking. Bubbles can be fun for all ages not just younger children.

Blowing out Candles

Inhaling, then pretending to blow out candles on a birthday cake.

Box Breathing

Box breathing can be a simple yet powerful relaxation technique that can help reduce stress and anxiety. This four-step breathing exercise gets its name from the visual of drawing a box: inhale for four counts, hold for four counts, exhale for four counts, and hold again for four counts.

Box breathing provides young people with a portable calming tool they can use anywhere—during tests, before performances, or when facing challenging social situations. The rhythmic pattern helps regulate the nervous system, lowering heart rate and blood pressure while increasing focus. Again, if this doesn't work for you, that's ok, try something different and notice what does. (sourced from Mindscape, helping young minds thrive).