



Calming Breaths



Hello Song

(Tune of *If You're Happy and You Know It*)

Well hello everybody, how are you? *clap clap*
Well hello everybody, how are you? *clap clap*
It's such a lovely day, I'm so glad you came to play.
Well hello everybody, how are you? *clap clap*

Hippopotamus

A hip, a hip, a hippopotamus
Got on, got on, got on a city bus
And all, and all, and all the people said,
"You're squishing us!"
A sheep, a sheep, a sheep got on a bus
And all, and all, and all the people said,
"Baaaack up!"
A cow, a cow, a cow got on a bus
And all, and all, and all the people said,
"Mooooove over!"

Elevator Song

(tune of *Do Your Ears Hang Low*)

Oh, the city is great and the city is grand
There are lots of tall buildings on a little piece of land
And we live way up on the 57th floor
And this is what we do when we go out the door
Take the elevator up, take the elevator down
Take the elevator up, take the elevator down
Take the elevator up, take the elevator down
Then we spin around

Bubble Bubble Pop

All the fish are swimming in the water
swimming in the water, swimming in the water
All the fish are swimming in the water
Bubble, Bubble, Bubble, Bubble, Pop!

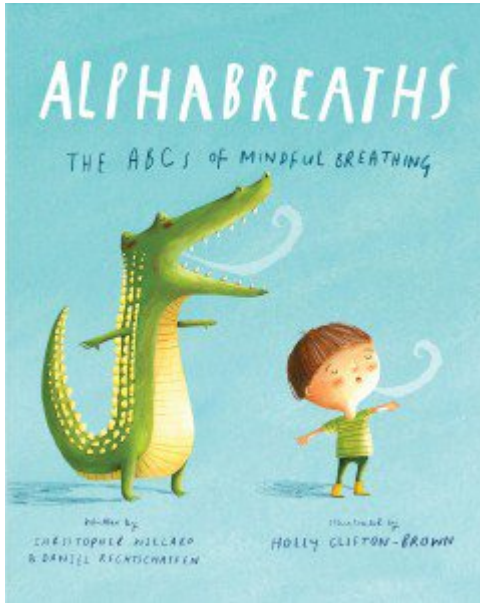


Goodbye Song

(Tune of *Farmer in the Dell*)

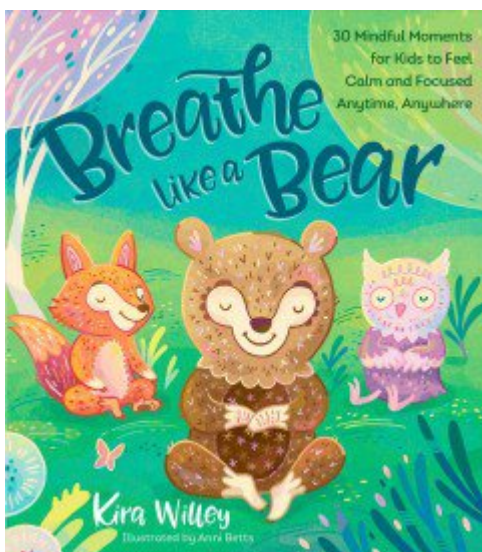
We wave goodbye like this
We wave goodbye like this
We clap our hands for all our friends
We wave goodbye like this

Books Shared



Alphabreaths: The ABCs of Mindful Breathing
by Christopher Willard
Published by Sounds True, 2019

Recommended Reading



Breathe Like A Bear
by Kira Willey
Published by Rodale Kids, 2017

Mindful Breathing Tips

<https://childhood101.com/fun-breathing-exercises-for-kids/>

BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.