

Breathing Wand Adult Guidance

During this pandemic, children may feel a range of uncomfortable emotions. These may include feeling anxious or angry. It is important that children know it is OK to feel these emotions and that, as adults, we are also feeling these. However, they may need strategies to help them to deal with these emotions. One strategy which can help children to feel calmer is the use of a breathing wand; this is also a fun craft activity to do together.

How to Use Your Breathing Wand

- Once you have made your breathing wand, encourage your child to move to a quiet area and put on a piece of calming music.
- Encourage your child to take long, slow breaths with the breathing wand in front of their face to make their ribbons dance.
- Challenge members of your household to see who can take the longest breath.
- Once the music has finished, ask your child to share how they are feeling.
- Remind your child that, when they are experiencing uncomfortable emotions, they can use their breathing wand to help them to feel calmer.

