

## Breathing Techniques

Children (and adults) can practise and use different conscious breathing techniques which, will help them to manage their feelings and shift their own mind-body state.



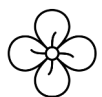
### Bunny breathing

3 quick sniffs in the nose and one long exhale out the nose. Invite children to pretend to be bunnies, sniffing the air for carrots to eat.

### Five finger breathing



Hold one hand out. With your other hand, trace each finger up as you breathe in and trace each finger down as you breathe out— finishing with five deep breaths.



### Flower Breath

Imagine smelling a beautiful flower, breathe in through the nose and out the mouth, releasing any tension.



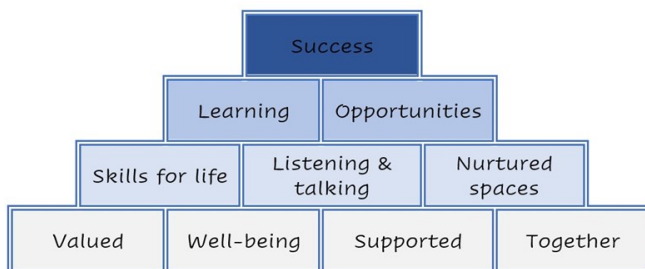
To support children's **well-being** and to ensure children know they are **valued**, we use Emotional Logic. This is a personal development tool used to **support** emotional intelligence in a wide range of situations, to build emotional resilience and embrace change **together**.

This guide will support you and your family in using the same approach at home.

Further information and training can be found at

[www.emotionallogiccentre.org.uk](http://www.emotionallogiccentre.org.uk)

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[www.woodfieldpri.co.uk](http://www.woodfieldpri.co.uk)



A guide for parents



**Woodfield**  
PRIMARY &  
NURSERY SCHOOL



Everyone has emotions and we all need to learn how to understand them and manage them so that they don't impact on ourselves or others in a negative way.

At our school, we teach children to recognise and name their emotions. By using the strategy of ABCD, children are able to then process their emotions and ultimately make positive choices about their behaviour and situations which they find themselves in.

Talk with your child about how you will use ABCD to support their emotional development.

## ABCD

### Aware

How does your body feel?

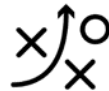


### Breathe

Taking deep breathes to calm your body.

### Choose

A safe place to help you feel calm.



### Do

Time for action, to make a plan to solve the loss

## Regulate - Relate - Reason

1. **Regulate**—Help the child to calm their fight/flight/freeze responses.
2. **Relate**—Connect with the child and show kindness and understanding.
3. **Reason**—Support the child to talk, reflect, and learn from their mistakes.

## Useful Phrases and Questions

**A** I can see that you are very upset.

What emotions are you feeling?

How is your body feeling?

I wonder if.....?

**B** Focus your breathing, lets try ..... breathing together.

**C** Go to your safe place, where you can begin to feel calm.

Lets choose a calming activity.

**D** Can you tell me what happened?

What is the loss and what can you do to get it back?

What could you do differently next time?