

CHILDREN'S / MINDFULNESS
Ages 4–8

"Mom, I can't sleep!"
"Why not?"
"I don't know...I'm nervous and I can't stop thinking, thinking, thinking..."
"Do you want me to teach you how to breathe?"
"Breathe? But I already know how to breathe!"
"But have you ever stopped to see how you do it? Where the air comes in and out? If it fills more of your belly or your chest? If you are doing it slowly or quickly?"

Breathe is a conversation between a boy and his mother at bedtime. But this conversation can happen at any time, in any place. This introduction to mindfulness presents a collection of illustrated exercises to help little ones become aware of their breath and their body. Includes a **Note to Parents & Caregivers** that describes the exercises and their effects in more detail.

inhale
exhale



Magination Press

Published by the American Psychological Association
www.apa.org/pubs/magination



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by INÊS CASTEL-BRANCO





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“Why not?”

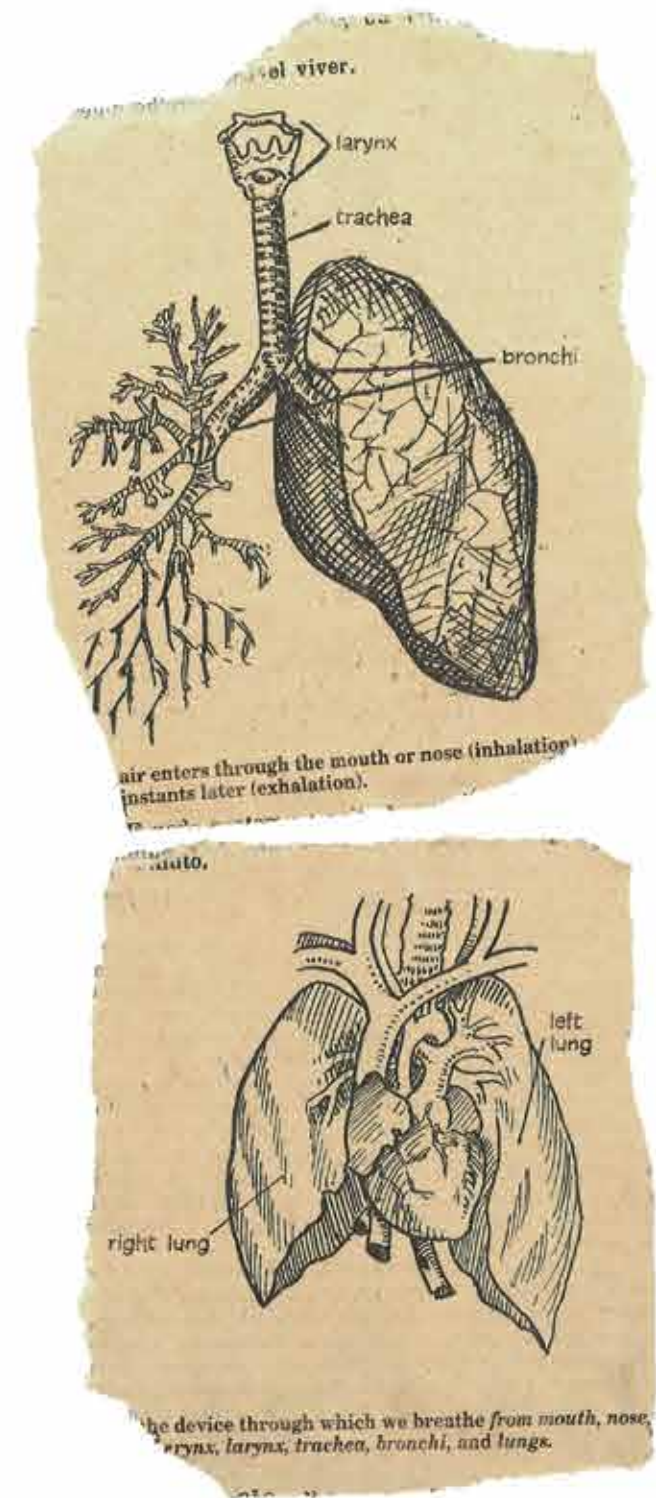
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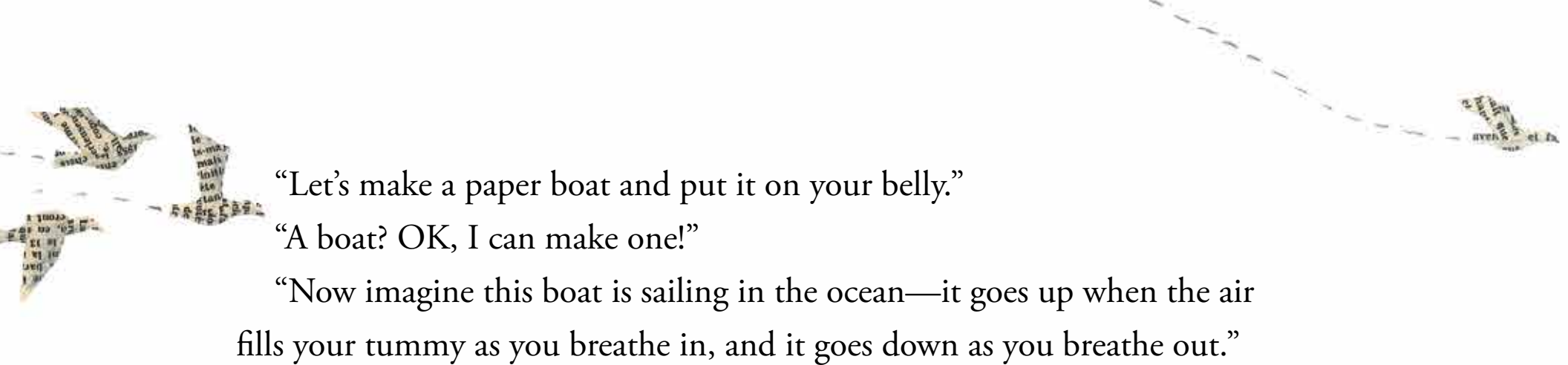
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“But have you ever stopped to see how you do it?

Where the air comes in and out? If it fills more of your belly or your chest? If you are doing it slowly or quickly?”





“Let’s make a paper boat and put it on your belly.”

“A boat? OK, I can make one!”

“Now imagine this boat is sailing in the ocean—it goes up when the air fills your tummy as you breathe in, and it goes down as you breathe out.”

“Breathing in...and breathing out.”

“You are like a wave in the sea. You are not in a rush. Let yourself go and follow the gentle movement, and the rhythm of your breathing will become slower.”



“Now you have worked with the lower part of your lungs, but you can also breathe with the middle part.”

“To fill my chest with air?”

“Yes! You’ll see how much comes in. Imagine that you take a balloon in your hands and fill it up. The balloon keeps getting bigger and bigger...”

“Oh, it popped! I’ll try again!”

EXHALE

INHALE

1

2

3

4

EXHALE

INHALE



“You can breathe in slowly and imagine that
you’re smelling a rose...”

“...or lavender, or mint...”

“...a pine tree, or the sea...”

“...or wet soil after a storm.”