



DRAGON BREATHS

FOR FIERY FEELINGS

When kids first feel anger, it's like a small little fire in their bellies. And if they don't acknowledge the fire, it can grow and grow until they burst like a fiery dragon. When they feel the fire start, great big dragon breaths will help slow and calm their hearts, focus their attention, and manage their emotions.

Practice dragon breaths with your kids when they are calm so they know what to do when they begin to feel fiery. Having their own dragon prop will make it fun!



TO MAKE YOUR DRAGONS, YOU WILL NEED:

- 1 Toilet paper rolls – paint them green!
- 2 Orange and yellow tissue paper – cut into strips!
- 3 Big and little pompoms – for the eyes and nose!
- 4 Googly eyes and glue

Glue the strips of tissue paper inside one end of the toilet paper roll so they dangle out. Glue two small pompoms on the roll at this end, too, for the dragon's nose. Make the dragon's eyes by gluing googly eyes to two big pompoms, and attaching these pompoms to the other end of the roll.

TO PRACTICE DRAGON BREATHS:

- 1 Sit cross-legged and imagine you are a dragon. You have a fire in your belly. Talk about how the fire feels – maybe it's hot, jumpy, or impatient.
- 2 Breathe in through your nose with lots of energy.
- 3 Breathe out through your mouth with a roar, using all of your breath.
- 4 Feel the fire in your belly calm.
- 5 Repeat at least three more times.
- 6 Try adding a big overhead stretch when you breathe in and opening your eyes super wide when you breathe out.

You can practice dragon breaths with or without your dragons!

To use them in the exercise, after a deep breath in, breathe out through dragons.
Can your kids breathe out strong enough to make the tissue paper dance?

