

# BREATHING EXERCISES

*You can use breathing exercises to help yourself or your child deal with strong emotions. You can also use breathing exercises to focus your attention or relax. We have shared some breathing exercises below. If you are using the exercise with your children, it is helpful for you to do the exercise with them.*

## BELLY BREATHING children



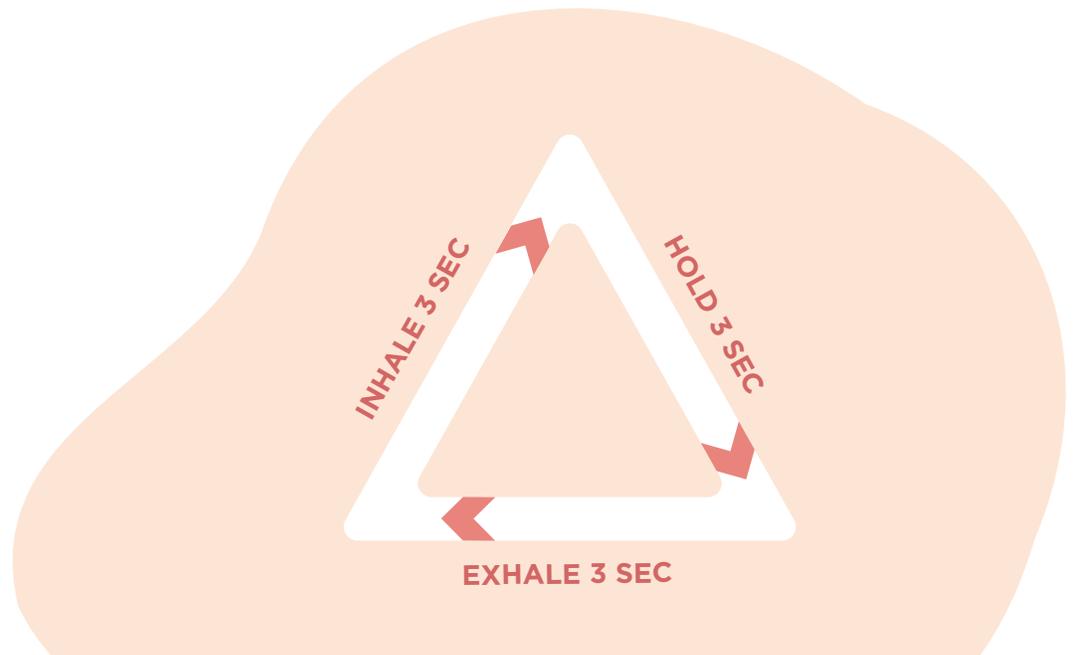
### STEPS

- 1** Invite your child to pick out a stuffed animal or toy that they like (or find comforting)
- 2** Invite your child to lie down on their back
- 3** Encourage them to relax their bodies
- 4** Ask your child to place the toy/stuffed animal on their belly
- 5** Explain that you will help them breathe in a way where they can make their toy go up and down
- 6** On the count of three, ask the child to take a deep breath in slowly (this makes the animal rise)
- 7** Then ask them to breathe out slowly (this makes the animal fall)
- 8** Ask them to do this three times and then take a short breath
- 9** Repeat the exercise two to three times

You may find it helpful to lay beside your child and do the exercise with them.

# TRIANGLE BREATHING

## children & adults

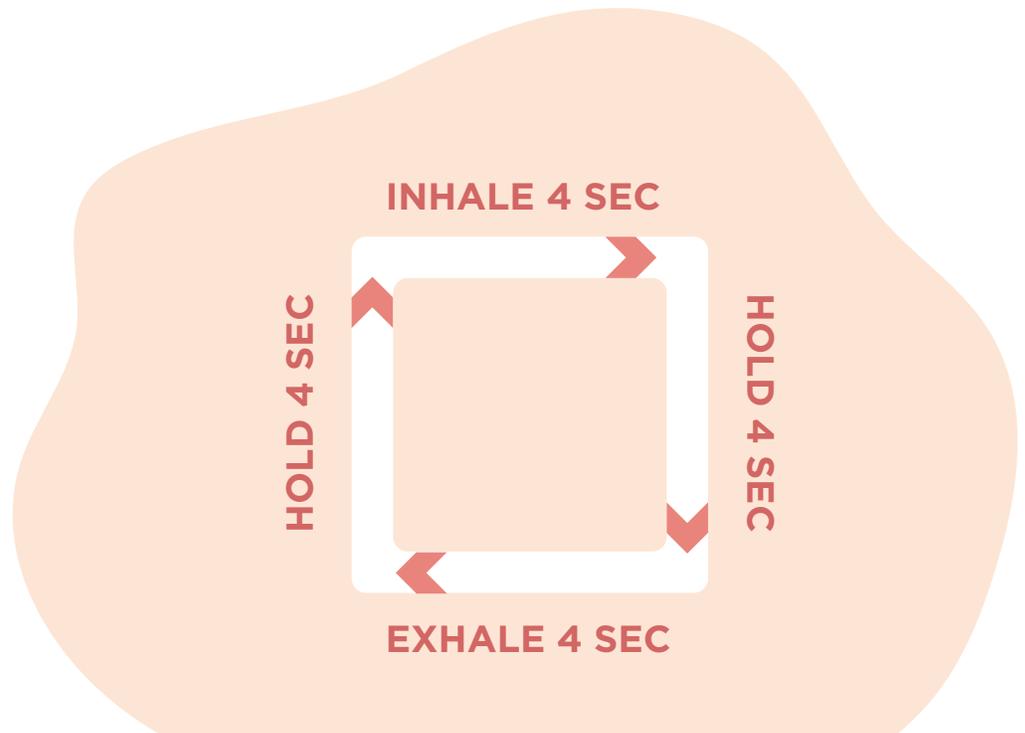


### STEPS

- 1** Sit upright with feet flat on the floor
- 2** Eyes closed or lower gaze by 45 degrees and let eyes rest gently on the floor
- 3** Relax hands in lap
- 4** Breathing should be deep and rhythmic
- 5** Inhale through the nose and exhales through the mouth
- 6** Inhale – Pause – Exhale
- 7** Inhale, 2,3,4 – Pause, 2, 3, 4 – Out, 2, 3, 4
- 8** Work your way up to a 10 count

# BOX BREATHING

## children & adults

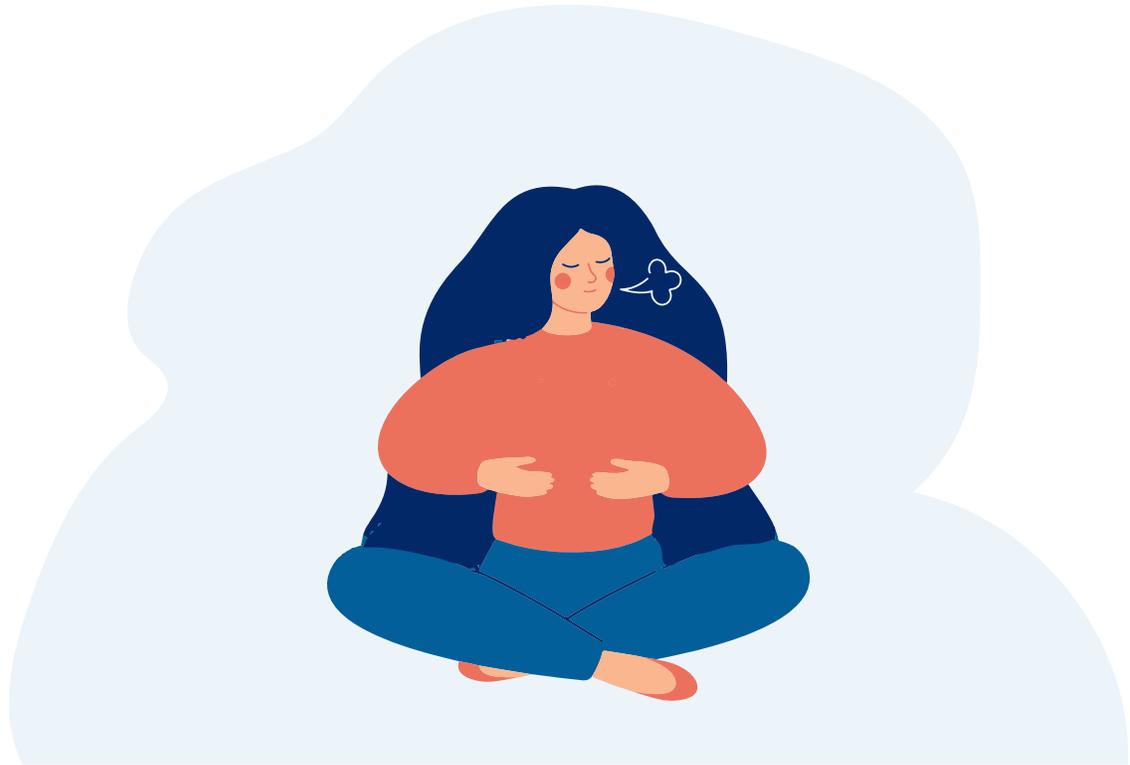


### STEPS

- 1 Sit upright with feet flat on the floor
- 2 Eyes closed or lower gaze by 45 degrees and let eyes rest gently on the floor
- 3 Relax hands in lap
- 4 Breathing should be deep and rhythmic
- 5 Inhale through the nose and exhales through the mouth
- 6 Inhale, 2, 3, 4 – Hold, 2, 3, 4 – Out, 2, 3, 4 – Hold, 2, 3, 4
- 7 Notice how the body feels when air is coming in
- 8 Notice how the body feels when air is going out

# WISE MIND BREATHING

## adults

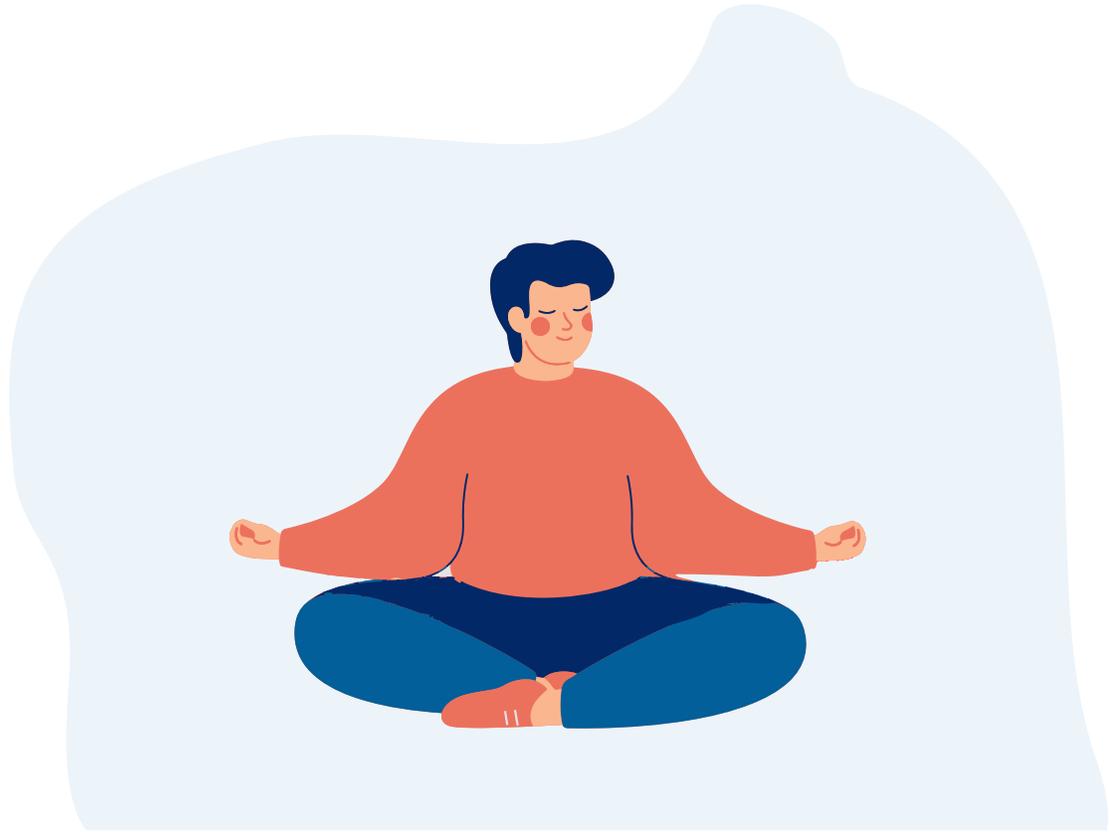


### STEPS

- 1** Breathe in through the nose
- 2** Breathe out through the mouth
- 3** As you breathe in, silently say “Wise”
- 4** As you breathe out, silently say, “Mind”
- 5** Repeat for 10 breaths however; you can do this exercise for as long as you like

# BREATHING FOR PEACE

## adult



### STEPS

- 1** Sit comfortably
- 2** Relax hands in the lap
- 3** Take a few slow breaths in through the nose and out through the mouth
- 4** Take 5 breaths to get started
- 5** As you breathe in silently say "I am"
- 6** When you breathe out silently say "At peace" or "Okay"
- 7** Do this for 10 breaths (work up to doing this for five minutes)

# YW Calgary

# FAMILY

# RESOURCES

## DOMESTIC VIOLENCE EMERGENCY SHELTER

Shelter intake line (available 24 hours a day) **(403) 266-0707**

The emergency shelter provides free lodging, food, and emotional support for women (with or without children) who are fleeing domestic violence. Support workers are available to help families with safety, housing, financial assistance, and assistance for their children.

This program is confidential.

*Services are provided free of charge.*

## CHILDCARE

Telephone: **(403) 232-1594**

Email: **childcare@ywcalgary.ca**

The YW Childcare program provides licensed, reliable, and high-quality childcare for children up to the age of five.

*Fees vary depending on the age of the child.*

## LANGUAGE INSTRUCTION FOR NEWCOMERS

Telephone: **(403) 750-5357**

Email: **linc@ywcalgary.ca**

YW Calgary provides basic English language training for newcomers.