

# Just 3 Breaths

3+ 

28

## OBJECTIVE

To teach children a simple calming breathing technique that can be used anytime.

## RESOURCES

No resources required.

## PROCEDURE

1. Explain to the children that at any point in the day when they feel overwhelmed, frustrated or anxious, that they can stop and take three deep breaths to calm themselves.
2. Stop what you are doing. Take three deep breaths. Breathe in and out through your nose.
3. Take a moment to notice how you feel afterwards.
4. Go on with your day.

