



# Breathing Tools for Kids

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## Four for Four

Four for Four is a great tool to use when you need to “shake-off” a bad dream or feelings of frustration. It’s also a tool you can do without anyone knowing you’re doing it, because it looks like you are just breathing.

### Instructions

- 1.** Sit or stand in a comfortable position.
- 2.** Take a BIG inhale for four counts.
- 3.** Hold your breath for four counts.
- 4.** Exhale for four counts.
- 5.** Repeat four times.
- 6.** Be still and notice how you feel. Then, shake it off.

