



# Breathing Tools for Kids

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## Chaotic Breath

This is a good tool to use when you're feeling tense, super mad, super excited, or when your emotions are built up and you need to let them out. Chaotic Breath combines physical movement, breath, and energy flow to help you feel better.

### Instructions

- 1.** Blow your nose.
- 2.** Be still for a moment to see how you feel.
- 3.** Stand with your feet shoulder width apart, bend your knees, and bounce. Keep your feet on the floor.
- 4.** Pump your arms in and up in rhythm with the bounce.
- 5.** Breathe in and out through your nose for 30 seconds. Keep your mouth closed.
- 6.** Rest for a moment and see how you feel.

