



Breathing Tools for Kids

Smell the Rose, Blow Out the Candle

This simple breathing tool can be done anytime you feel angry, afraid, nervous or worried. Best of all, it's quick and easy!

Instructions

- 1.** Put your finger up to your nose, pretend it's a rose and breathe in deeply.
- 2.** Next, pretend your finger is a candle and blow it out.
- 3.** Repeat three times. Breathe in each time you smell the rose, and breathe out when you blow out the candle.

**Exhale,
and blow
out the
candle**

