



IRREDUCIBLE
GRACE
FOUNDATION
CREATING SAFE SPACES AND HEALING
OPPORTUNITIES FOR YOUTH OF COLOR

Breathing Tools for Kids

Heart Breath

Do you ever feel sad, mad, frustrated, or lonely? Heart Breath is a way to calm your body down with movement and breathing. As you inhale you say positive words to yourself, also called positive affirmations, that can help you feel better.

Instructions

- 1.** Put your hands over your heart. Close your eyes and try to feel the beating of your heart, be still and listen.
- 2.** Inhale and reach your hands out to your sides. Exhale and bring them back to your heart.
- 3.** Say positive words to yourself as you inhale and reach your hands out. You can say things like "I am calm", "I am loved", or "I am safe", or choose your own words.
- 4.** Repeat 2 or 3 times.

