

Take this ruler and play a mindful breathing game with someone in your home! This game helps us practice taking nice slow, deep controlled breaths.

1. Find something light and fluffy for each person playing (example: a pompom, a feather, a cotton ball, a piece of paper balled up, a leaf, etc.)
2. Place your light and fluffy items on a cleared off table.
3. Now, taking a slow deep breath, inhale through your nose, then exhale and try blow on your fluffy item through your mouth as gently as possible without hardly moving it.
4. The first person to get their fluffy item to the other side of the table LAST wins!
5. Play as many times as you want! Use the ruler to measure how far your breaths go!

How long is your breath?

Successful Families Successful Kids



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