

Friday breathing activities all on one document that you can use whenever you feel they may help your child.

Week 2

Login to your Go Noodle account (it's free to make one) and search for 'Find Peace'



<https://app.gonoodle.com/activities/find-peace>

Week 3

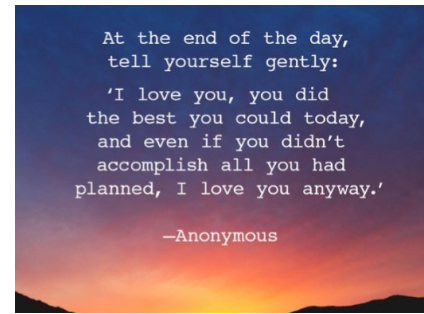
Open the link below to find out about thought bubbles



<https://www.youtube.com/watch?v=70j3xyu7OGw&feature=youtu.be&fbclid=IwAR1zjCPCiKSim6lpls9nT-aRI7CbAWRtuuU5KUUIz0vvFUtZ3gAS3QkrzDo>

Week 4

Try this 'Go Noodle' about being kind to yourself

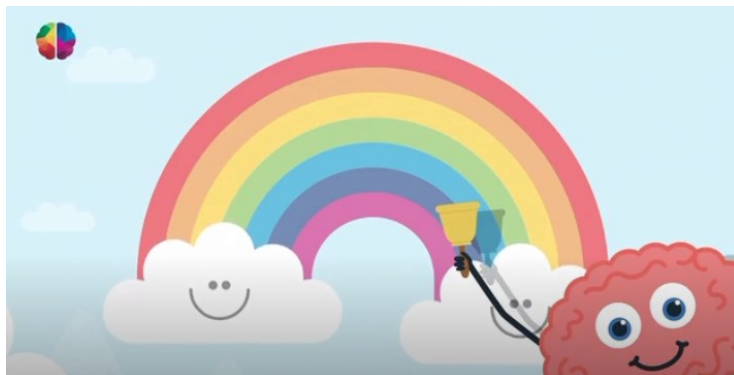


<https://app.gonoodle.com/activities/be-kind-to-yourself?s=Search&t=be%20kind%20to%20yourself>

Week 5

Try this rainbow breathing activity...

<https://www.youtube.com/watch?v=IlbBI-BT9c4&feature=youtu.be&fbclid=IwAR1G-EhxqjicOoFbj9b5LPo470e53Aul2ZRf5D3OxGgG5BXcWWydlmA>



Week 6

Help calm your thoughts with some
deep breathing



<https://app.gonoodle.com/activities/swirling?s=Search&t=breathing>

Week 7

Try this belly breathing activity...



<https://www.youtube.com/watch?v=RiMb2Bw4Ae8>