

Our Breathing Exercises Book



**We practice breathing exercises
so we know how to keep our body
calm and relaxed.**

Brought to you by: *Growing Up Tobacco Free in Alaska; Rural Alaska Community
Action Program, Inc.*

This book is designed to read out loud to your Head Start age child. Please enjoy and call us with any suggestions, ideas or comments.

Thank you!



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Breathing is taking air into our mouth or nose and letting it out again.



We breathe the air around us.

Air can be good for us.



Sometimes the air is bad for us.

When the four wheeler is going or when someone is smoking, the air is not good to breathe.



We want to breathe clean healthy air! Can you pick out what is good to breathe and what is not?



Breathing clean air keeps us
healthy and strong.



Sometimes we breathe quickly.



Sometimes we breathe slowly.



Breathing can help our bodies be
calm and relaxed.



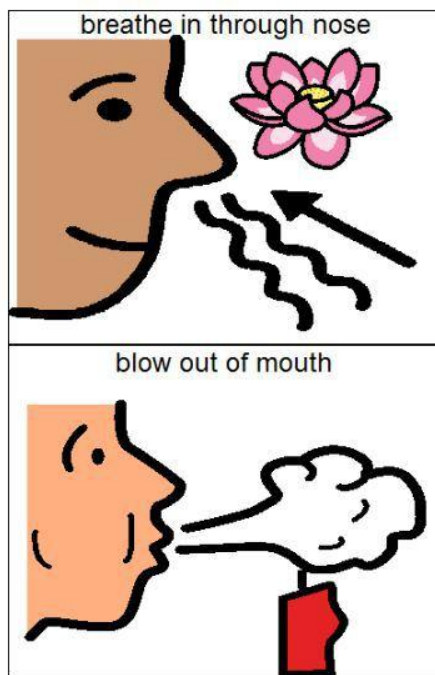
If you are excited, mad, or scared,
breathing clean air can help calm your
body.

Let's practice our breathing!



Let's do a flower and candle
breath.

Using your hand, pretend you are
smelling a flower. Breathe in slowly
through your nose. Using your
finger, pretend you are blowing out
a candle by breathing slowly out
through your mouth. Let's try this
three times.



Let's try a Snake Breath.

Breathe in a long, slow breath through your nose; and when you breathe out through your mouth, make a hissing noise like a snake.

Are you a big snake or a little snake? Let's try this three times.



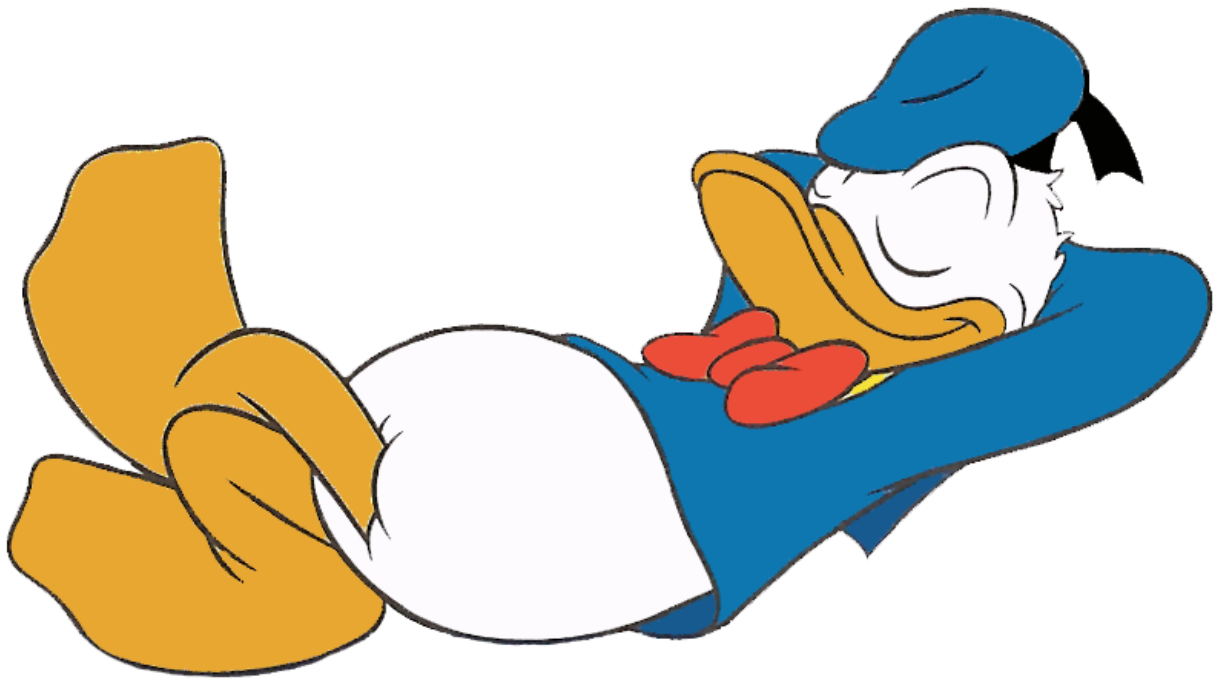
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Now let's try a Bunny Breath. We are going to pretend to be bunnies. Breathe 3 quick sniffs in through your nose and one long exhale out through your nose. Let's try this three times.

What are you sniffing for? Are you sniffing for carrots?



We can all practice using our breathing to calm our bodies.



To have healthy bodies, we can play, eat healthy food, exercise, and practice our breathing in clean air. We can keep our air clean by turning off machines and saying no thanks to tobacco.

