

JUST TAKE A SLOW BREATH

A free card for a little pause, together.

A little breathing break



Sit somewhere comfy.

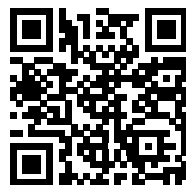
Take a gentle breath in.

Let a gentle breath out.

Go at your own pace.

You can stop whenever you like.

Scan to try the breathing bubble with a grown-up.



justtakeaslowbreath.com/kids

FOR GROWN-UPS

Invite your child to try this with you, or just watch. Keep breaths comfortable; there is no need to breathe deeply or follow a set pace. Stop if they feel dizzy or uncomfortable. This is a wellbeing activity, not treatment. Follow any advice from your child's clinician.

Print at actual size on A4. Use at home or in your classroom.