



# Your Breath, Your Superpower

A 4-7-8 Breathing Guide

## Discover Your Inner Calm

Big feelings can sometimes feel overwhelming, like a storm inside! The 4-7-8 breathing technique is like a **magic tool** that helps calm those big feelings. It's like having a superpower right inside you!

### Benefits:

- Helps you feel calmer and more relaxed
- Reduces feelings of stress and worry
- Makes it easier to fall asleep

### How it Works:

This special breathing pattern helps slow down your heart rate and quiet your mind. It's like pressing a pause button on your busy thoughts.

## How to Unleash Your Superpower

Here's how to do the 4-7-8 breathing technique. Remember to ask a grown-up for help if you need it!

1. **Tongue Position:** Gently touch the tip of your tongue to the roof of your mouth, right behind your front teeth. Keep it there for the whole exercise.
2. **Exhale:** Breathe out completely through your mouth, making a whooshing sound.
3. **Inhale:** Close your mouth and breathe in quietly through your nose for a count of 4. Imagine you're smelling your favorite flower!
4. **Hold:** Hold your breath for a count of 7. Imagine you're holding a balloon in your tummy!
5. **Exhale:** Breathe out completely through your mouth, making a whooshing sound, for a count of 8. Imagine you're blowing out all the candles on your birthday cake!
6. **Repeat:** Do this cycle 4 times.

## Making it Fun & Child-Friendly

Breathing exercises don't have to be boring! Here are some fun ways to practice:

- **Games:** Turn it into a game! See who can hold their breath the longest (but safely!).
- **Visual Aids:** Use pictures or videos of calming things, like waves or clouds, while you breathe.
- **Stuffed Animal Breathing:** Put a stuffed animal on your belly and watch it go up and down as you breathe.
- **Movement:** Do gentle stretches or yoga poses while you breathe.
- **Belly Breathing:** Focus on feeling your belly rise and fall with each breath.
- **Colors:** Imagine your breath is a certain color. What color is calm? What color is strong?

## Practice Makes Perfect

Like any superpower, the 4-7-8 breathing technique gets stronger with practice!

- **Start Small:** Begin with just a few breaths at a time.
- **Be Consistent:** Try to practice every day, even if it's just for a few minutes.
- **Be a Role Model:** Grown-ups can practice with you!
- **Celebrate Successes:** Give yourself a pat on the back for every time you practice.
- **Seek Support:** If you're having trouble, ask a grown-up or a friend for help.

## Your Journey to Calm

Remember, your breath is your superpower! The 4-7-8 breathing technique is a tool you can use anytime, anywhere to feel calmer, stronger, and more in control. By practicing regularly, you're building resilience, empowering yourself, and unlocking your inner calm. Keep breathing, keep practicing, and keep discovering your superpower!