

# Breathing Visuals

## About This Resource

This set of breathing visuals is designed to help children learn simple calming strategies using structured, easy-to-follow visual supports.

These visuals can support children in managing big emotions such as frustration, anxiety, or anger.

## Why Breathing Strategies?

Deep breathing helps to:

- Calm the body and mind
- Reduce stress and anxiety
- Improve focus and self-control
- Support emotional regulation

## What's Included

This resource includes a variety of breathing visuals to support different preferences, such as:

- Step-by-step breathing prompts
- Visual cues for inhale and exhale
- Child-friendly and engaging designs

You can choose the visuals that best suit your child's age and needs.

## How to Use

- Introduce the breathing strategy when your child is calm
- Model the breathing together step-by-step
- Use simple language (e.g., "Breathe in... breathe out...")
- Prompt your child to use the visuals during moments of stress
- Practice regularly to build familiarity

## Tip for Success

- Keep your tone calm and supportive
- Practice daily, not only during challenging moments
- Pair with praise when your child attempts the strategy

## Usage & Sharing

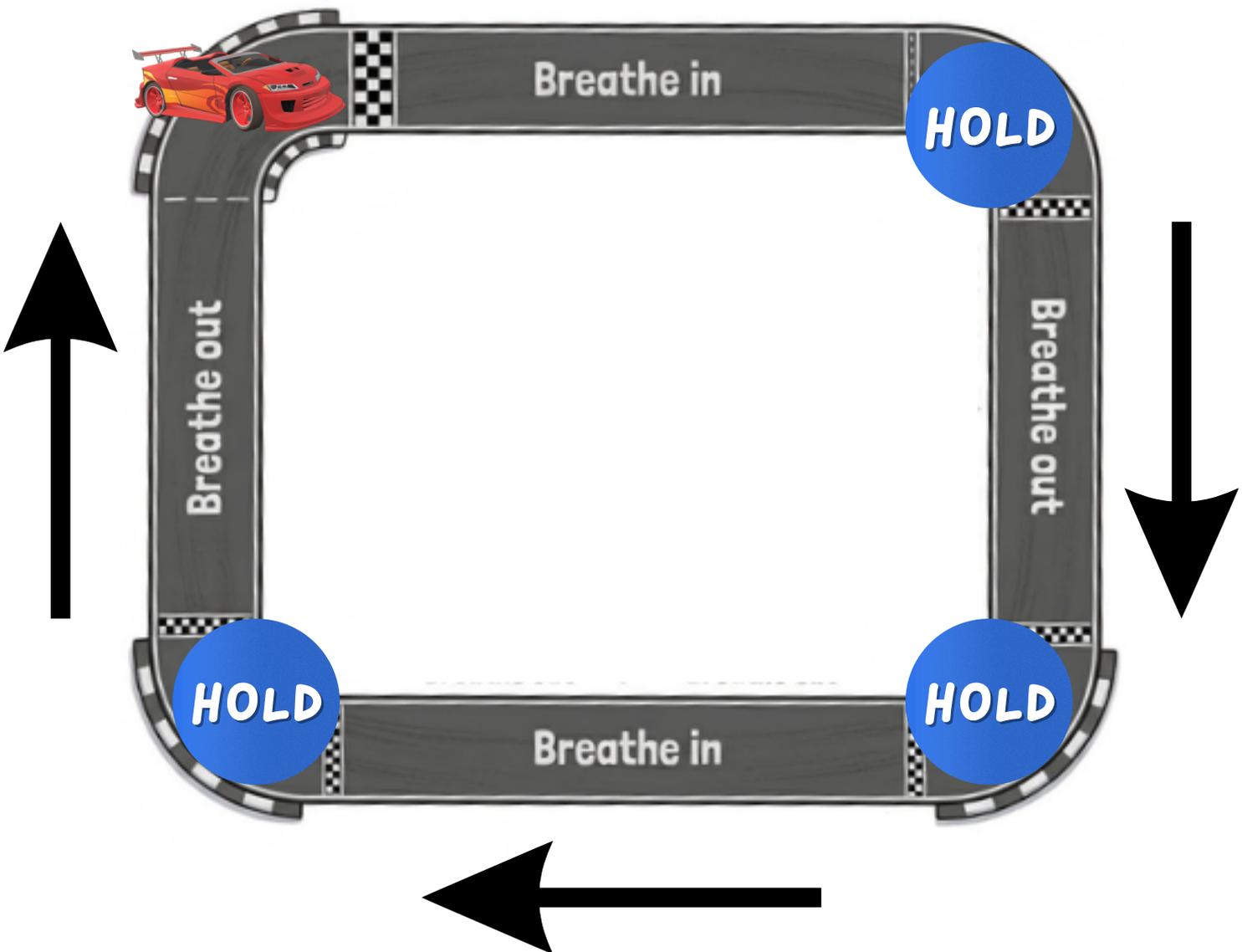
- This resource is for personal and educational use only.
- You may print and use these materials with your children or students
- If sharing or distributing, please include this first page in full
- Selling or redistribution without credit is not permitted

To learn more about ABA services, contact us at [admin@dynamics.com.sg](mailto:admin@dynamics.com.sg) to schedule a free 20 minutes phone call with our ABA team!



# Square Breathing

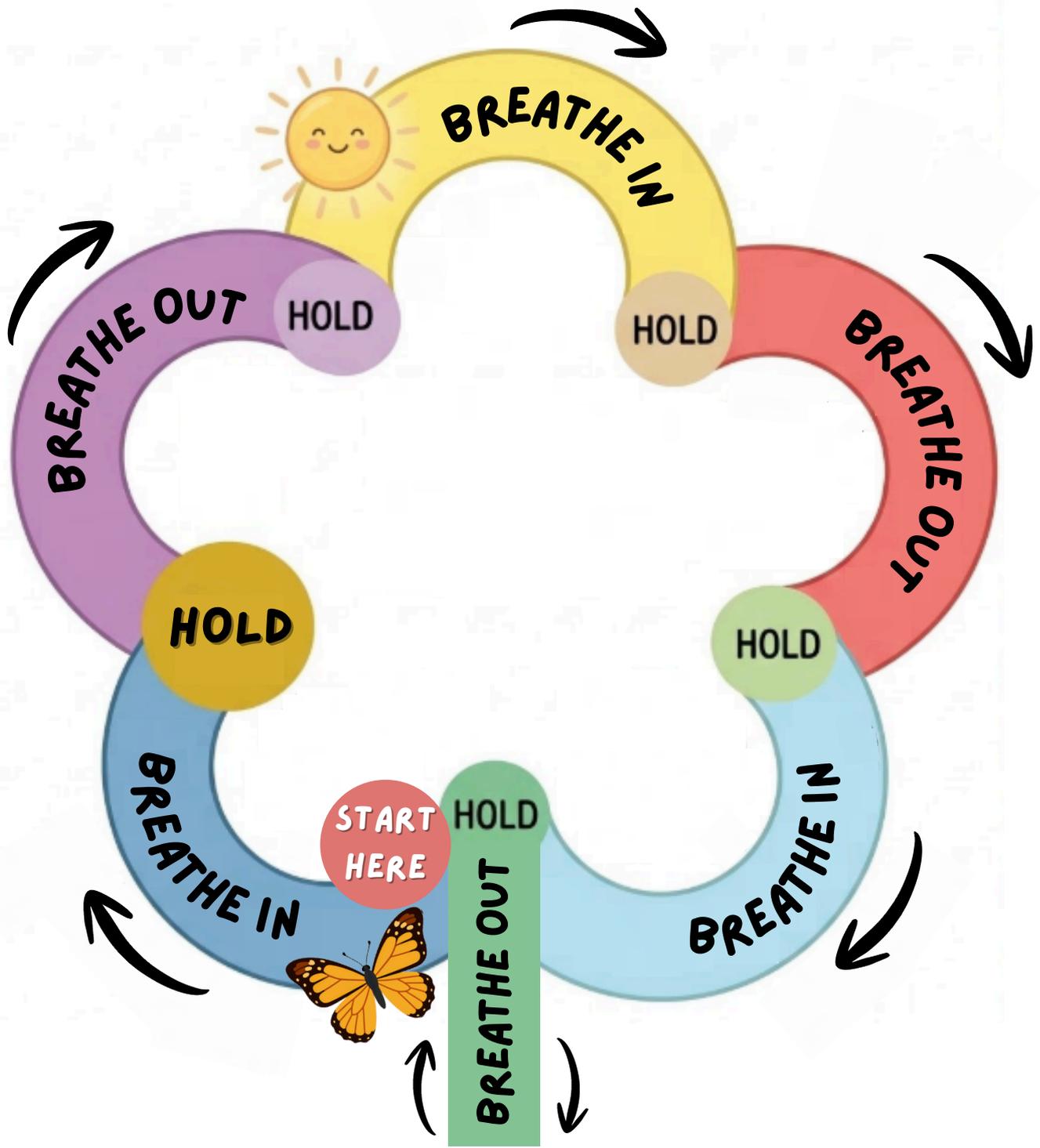
START  
HERE!





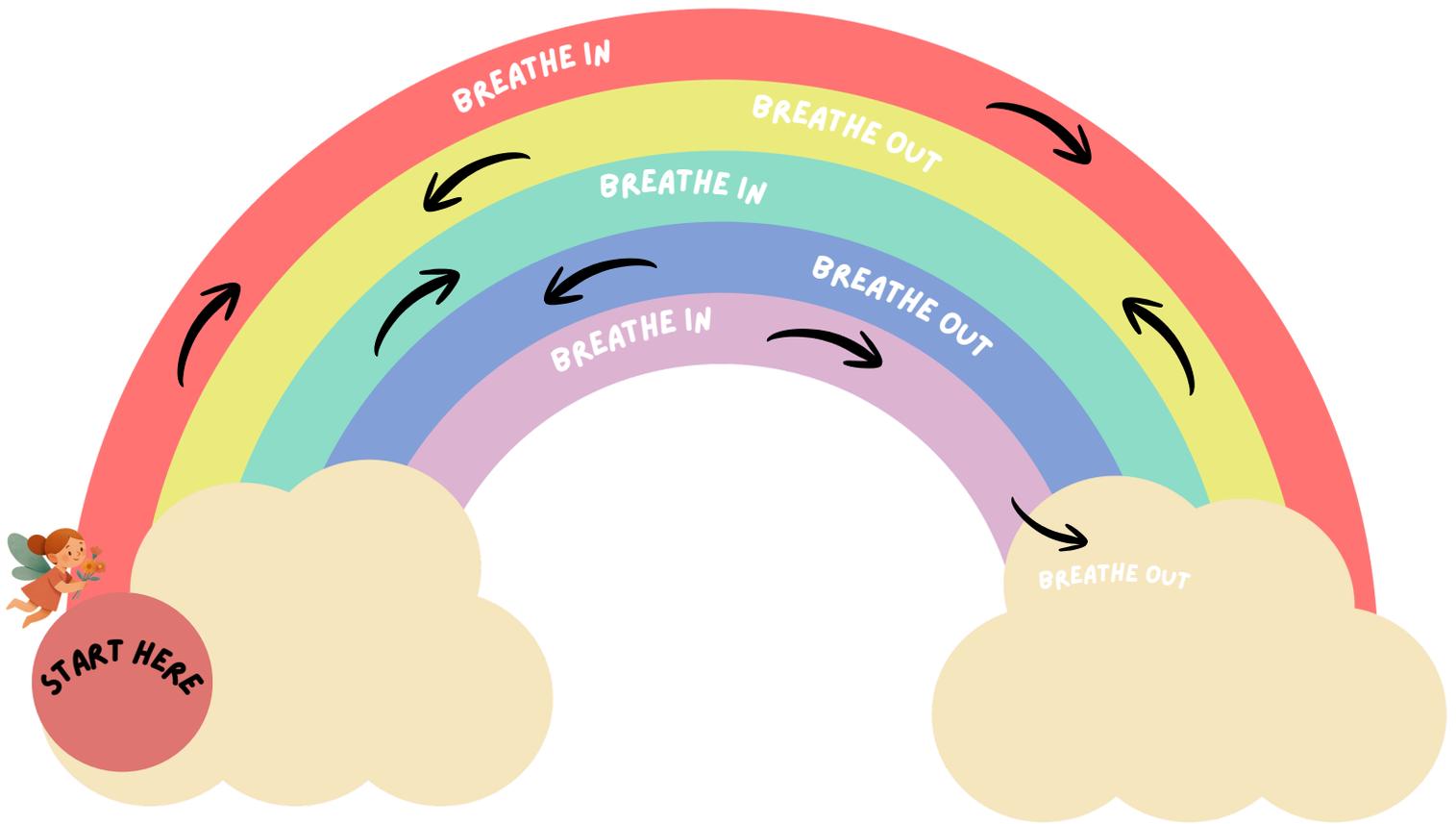
To learn more about ABA services, contact us at [admin@dynamics.com.sg](mailto:admin@dynamics.com.sg) to schedule a free 20 minute phone call with our ABA team!

# Flower Breathing



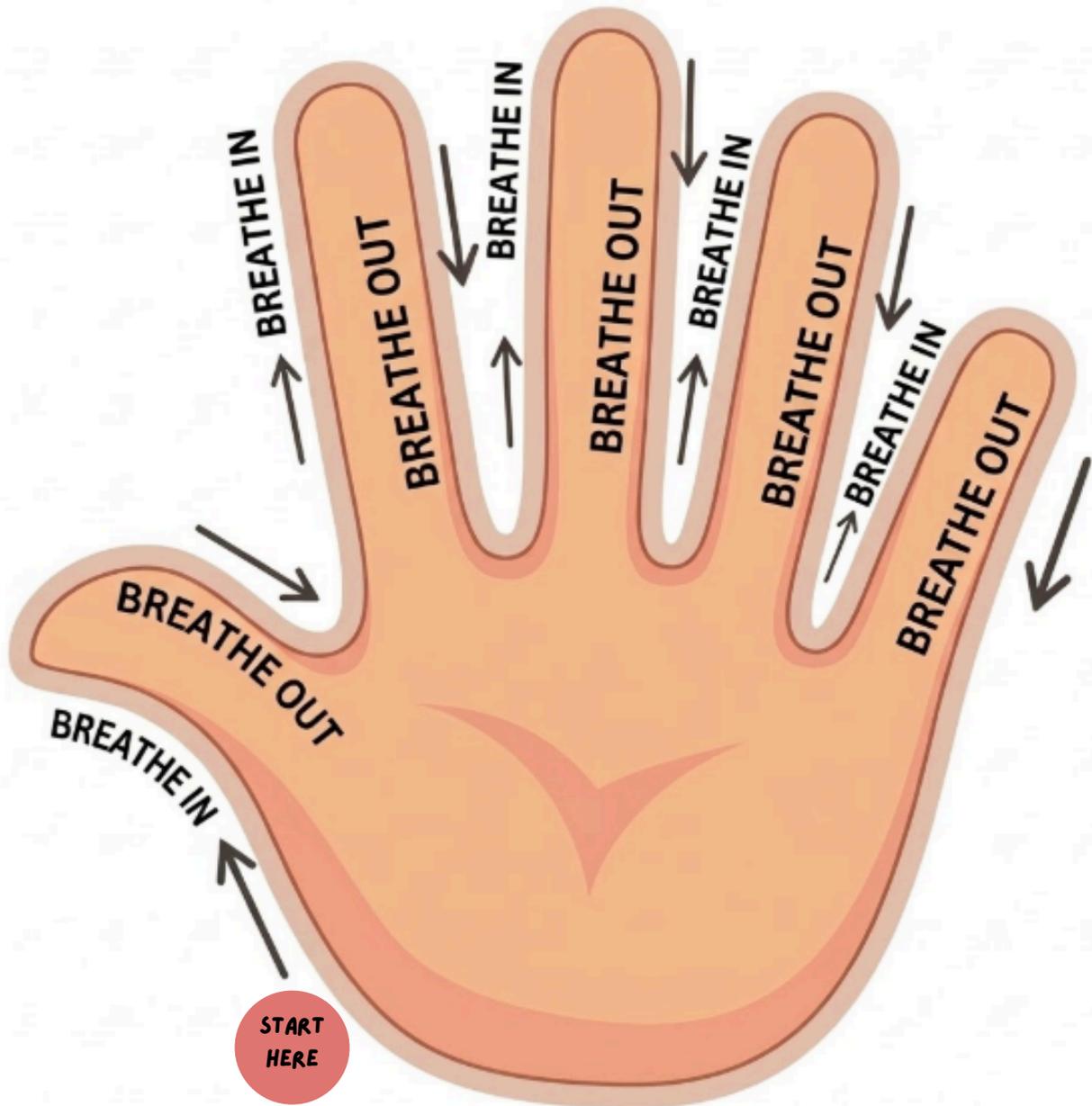


# Rainbow Breathing



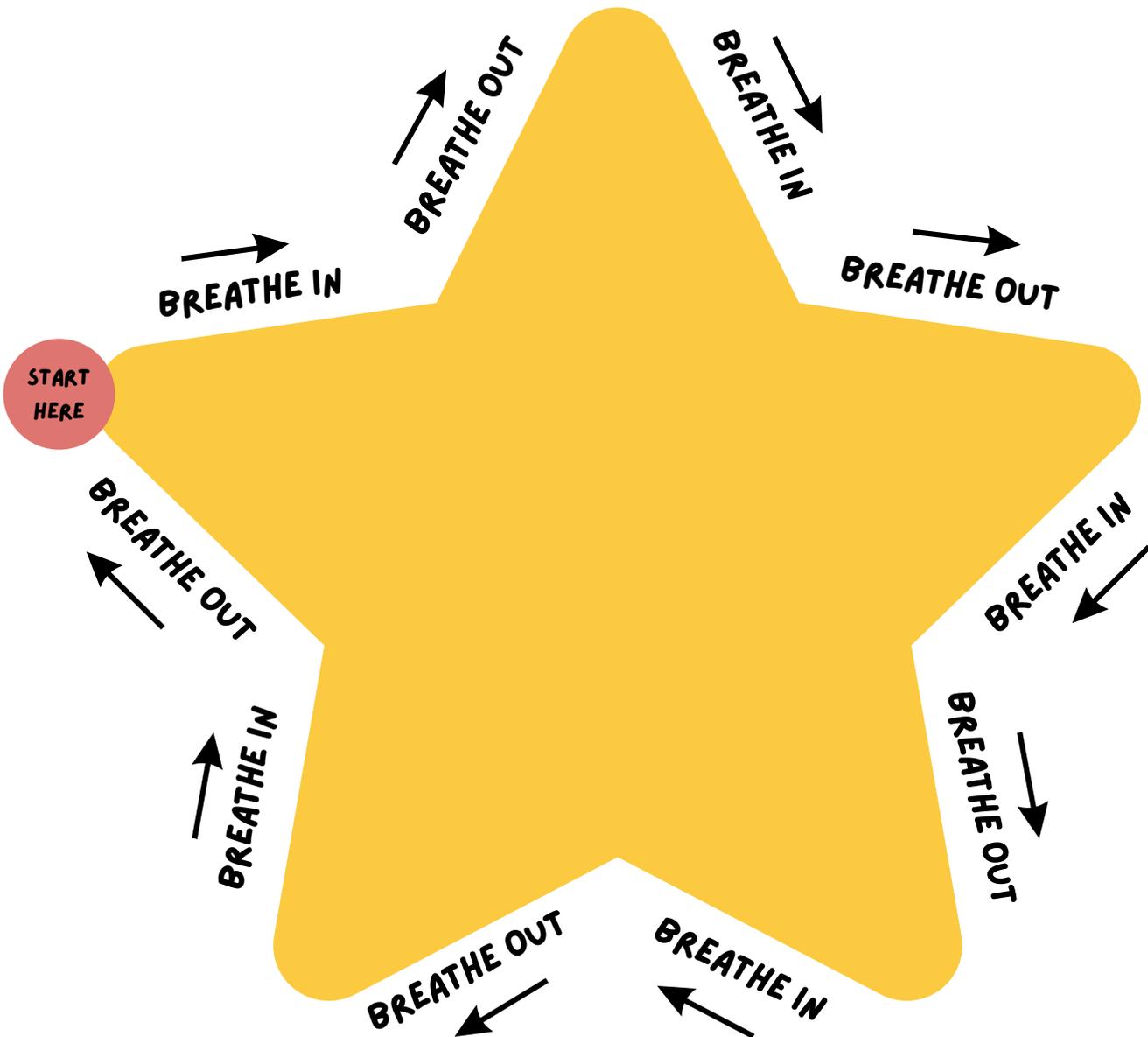


# 5 Finger Breathing





# Star Breathing





# Triangle Breathing

