Breathe like a Bear
30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere

Kira Willey
Illustrated by Anni Betts
Hot Chocolate

Imagine you're holding a cup of hot chocolate in your hands.
It's much too hot to take a sip, so you need to blow on it to cool it off.

Bring your cup up close to you, take a long breath in, and slowly blow the air out, to cool off your hot chocolate.

Take another long breath in, and slowly blow the air out.

Now take a tiny little sip of your hot chocolate, and say “Mmmmm...”

Make the “mm” sound last as long as you can.

Try it again! Take a tiny little sip and say, “Mmmmmmm...”

Put your hot chocolate down, take a long breath in, and let the air all the way out.

Yum!
Flower Breath

Imagine a flower in front of you.
It’s the most beautiful flower you’ve ever seen.
Can you see all the colors of the flower in your mind?
Imagine how it smells.
Take a long sniff in through your nose, and let all the air out through your mouth.
Take another long sniff in through your nose, and let all the air out through your mouth.
Take another long breath in, and let it all the way out!
Count to Five

Have you ever heard someone say, “Let’s take five?”

It means to take a quick break from what you’re doing, and it’s a great way to CALM DOWN.

As you breathe in, think ONE... TWO... THREE... FOUR... FIVE.

Now breathe out, and think ONE... TWO... THREE... FOUR... FIVE.

Try it again! Breathe in, and think ONE... TWO... THREE... FOUR... FIVE.

Breathe out, and think ONE... TWO... THREE... FOUR... FIVE.

Whenever you’re mad or upset, try to remember to “take five.”

It can help you feel calm and peaceful.
Bear Breath

Pretend you’re a bear, hibernating for the winter.

When bears hibernate, they breathe slowly, in and out through their noses.

Take a long breath in through your nose, and let it all the way out.

Take another long breath in through your nose, and let it all the way out.

Feel how cozy and safe you are in your bear cave.

Take one more really long, slow breath in through your nose, and let it all the way out.
Your Favorite Color

What is your favorite color?
Is it blue, purple, orange, or red? Or another color?
Imagine a little ball of your favorite color inside your body.
Maybe it’s where your heart is, or maybe it’s in your belly.

Take a big breath in, and imagine the ball getting bigger and bigger. It takes over your whole body!
Imagine that everything all around you is your favorite color, and it feels really warm and good.
Take a long, slow breath in, and let it all the way out.
Rainstorm

Uh-oh, I think it might rain!
Rub your hands together to make the sound of the wind picking up.
Now tap your hands slowly on your lap—it’s starting to rain!
Get faster and faster—now it’s pouring!
We’re going to get soaked!

Lightning! Clap your hands up high!
Thunder! Stomp your feet!
Lightning! Clap your hands up high!
Thunder! Stomp your feet!
Tap those hands on your lap again—it’s really raining!
Now start to slow them down... I think the rain might be stopping...
Rub your hands together to make the sound of the wind
Sloooow it down.
sloooow it down, and stop.
Everything is still and quiet.
Snake Breath

Let's do snake breath!

Make your mouth into the shape of a little "o."
Take a long breath in, like you're breathing through a straw.

As you let it out, hiss like a snake.

As you let it out, hiss like a snake.

Take another long breath in, like you're breathing through a straw.

As you let it out, hiss like a snake. Make the "ssss" sound last as long as you can!

Try it one more time! Take a loooong breath in, and hisssssss on the way out.

Sit up tall, take another long breath in, and just let it all the way out.
Waves on the Water

Imagine you’re standing in front of a lake.
The water is flat and calm, like glass.
You have a stone in your hand, and you throw it in the water.
When it lands, it makes little waves on the water.

In your mind, watch the little waves as they go farther and farther out, getting smaller and smaller.
Watch the lake in your mind until it gets totally calm and flat again.
Take a long breath in, and let it all the way out.
Be a Bumblebee

Sit up tall as you can, and let’s be bumblebees!

Make bumblebee wings by sticking your elbows out to the sides.

Wiggle your wings all around, and flap them up and down.

Take a big breath in, and buzzzzzz as you let it out. Make the buzzzzz last as long as you can!

Now make big circles in the air with your bumblebee wings. Make circles one way, and then make circles the other way.

Take a big breath in, and buzzzzzz as you let it out.

Now shake out your wings, take another long breath in, and let it all the way out!
Listen!

Sit up tall, take a long breath in, and let it all the way out.

Hold your body really still.

Listen.

What do you hear?

Close your eyes for a minute so you can really focus.

What sounds are around you?

If you listen even more, what do you hear?

Take a long breath in, and let it all the way out.
Where Is Your Breath?

Sit up tall, shake your body out a little bit, and then hold still.
Take a long breath in, and let it all the way out. Keep taking long breaths in and long breaths out.
Think about where you feel the air in your body.
Do you feel it in your nose or your mouth?
Your chest or your belly? Your left pinky toe?
In your mind, follow the air as it comes into your body and goes back out again.
Breathe in, breathe out.
Breathe in, breathe out. Where do you feel the air?
Take one more long breath in, and just let it all the way out.
Clouds

Imagine you’re a cloud in the sky.
What kind of a cloud are you?
Are you a white fluffy cloud?
Or a dark gray storm cloud? If you are, imagine your angry raindrops just falling away.

Maybe you’re a silly cloud, making shapes of jellybeans and polar bears.
Or maybe you’re a sparkly cloud, full of snowflakes!
You can be any kind of cloud you want.
Take a long breath in, and let it all the way out.
Kindness

Think of something kind you’ve done for someone.

Maybe you helped someone in your family with something at home, or you helped a friend at school.

Think of something kind that someone else did for you.

How did it make you feel?

Now, think of something kind that you haven’t done yet, but you will, the next time you have the chance.

Is there someone you could help, or say some kind words to?

Try to remember to do that kind thing when you can!
Imagine You’re a Tree

Imagine you’re a tree.
You have roots growing down into the earth,
holding your trunk steady and strong.
Your branches are reaching up high.
What kind of tree are you?
You can be any kind of tree you want.
Decide what color leaves you have, what your branches look like, and how tall you are.
See your whole tree in your mind.
Remember, your tree has strong roots that hold you safely in the ground, and strong branches that reach up toward the sky!
Send Good Thoughts

Think of someone you love, and imagine that person is standing in front of you.

Think of something really nice you could say to that person.

Say it quietly, in your mind.

Now think of a different person. Someone you don’t know as well. Or maybe someone who’s having a hard time right now.

Imagine that person is standing in front of you.

Think of something really nice you could say to that person.

Say it quietly, in your mind.

Take a long breath in, and let it all the way out.
Create Something New

It's time to invent something brand new in your mind.

Inventing means to create something no one's even thought of yet!

What will you invent? Hmm ...

See your invention in your mind.

How big is it?
What does it do?
How does it work?

Your imagination is so powerful!
You can create anything you want in your mind.
Today I'm Going to Be...

Take a long breath in, let it all the way out, and hold your body still.

Think about how you want the rest of your day to go.

Pick a good word to finish this sentence in your mind: “Today, I'm going to be...”

Maybe you finish it with “friendly,” or “kind,” or “helpful.”

Choose a good word that you like to finish the sentence.

When you pick your word, if you want to, tell a grownup about it.

Remember your word, and do your best to make it happen!
1-2-3 Clap!

Open your arms out really wide.

Count one, two, three... and *clap* your hands one time!

Rub your hands together and make some energy.

Put your hands on your belly. Take a long breath in, and let it all out.

Open your arms out really wide again.

Count one, two, three... and *clap* your hands one time!

Rub those hands together, faster this time. Make some energy!

Put your hands over your heart.

Take a long breath in, and let it all the way out!
Bunny Breath

Sit up tall, and hold your body still.
Make bunny paws with your hands.
Take quick, little bunny breaths in through your nose: “sniff, sniff, sniff, sniff!” and then let the air all the way out.
Do it again. Take quick, little bunny breaths in through your nose: “sniff, sniff, sniff, sniff!” and then let the air all the way out.
Now put one hand on your belly. See if you can feel your belly muscles working.

Take quick, little bunny breaths in through your nose: “sniff, sniff, sniff, sniff!” and then let the air all the way out.
Grab a carrot for a snack!
Crrummmch!
Wake Up Your Face!

Open your eyes wide, and blink them three times.
Wiggle your eyebrows up and down.
Wiggle your nose like a bunny!
Open your mouth really wide, and wiggle your jaw back and forth.

Stick your tongue out as far as it will go!
Can you make a fishy face?
Wiggle your whole head around!
Now hold your body still.
Take a long breath in, and let it all the way out!
Twister

Sit up tall, pull your belly in, and make it strong.

Put both hands on your left leg and take a big breath in.

Let the air out, and twist your body to the left. Look over your left shoulder. What do you see?

Breathe in, breathe out, and see you if you can twist to the left a little bit more.

Un-twist your body, so you're looking straight ahead.

Put both hands on your right leg and take a big breath in.

Let the air out, and twist your body to the right. Look over your right shoulder. What do you see?

Breathe in, breathe out, and see you if you can twist to the right a little bit more.

Un-twist your body, so you're looking straight ahead.

Shake your body out a little bit, and then hold still. Take a long breath in, and let it all the way out!
"Hot Soup"

Imagine you're holding a hot cup of soup.

It's much too hot to eat right now!

Breathe in and say, "It's ha-ha-ha-ha-hot!"

Breathe in and say, "It's ha-ha-ha-ha-hot!"

Put one hand on your belly, and see if you can feel your belly muscles working as you say it.

Breathe in and say, "It's ha-ha-ha-ha-hot!"

Put your soup down.

Take a long breath in, and let it all the way out!
Lion Breath

Imagine you're a sleepy lion, just waking up in the morning.

Make lion claws with your hands. Stretch and wiggle your lion claws all around.

Take a big breath in, and as you let it out, say, "Haaaaahhh!"

Stick your lion tongue out as far as it will go!

Do it again. Take a big breath in and say, "Haaaaahhh!"

Stick that lion tongue out as far as it will go!

Now shake out your lion claws. Take a long breath in, and just let it all the way out.

You're ready to go!
Get Your Grumpies Out

Can you make a grumpy face? I bet you can. Make a really grumpy face!

Maybe you feel a little sad or angry today.

If you do, make a sad face or an angry face.

Now take a really big breath in, and blow all those bad feelings away!

Do it again, just in case they didn’t all go . . .

Take a really big breath in, and blow all those bad feelings away!

Sit up really tall. Maybe smile a little smile . . .

Take another long breath in, and let the air all the way out.
Kitty Cat Stretch

Sit up tall and clasp your fingers together.

Stretch your arms straight out in front of you, and turn your hands so your palms are pressing out away from your body.

Take a big breath in, let the air out, and round your back like a kitty cat stretching.

Meow!

Pull your belly in, and press your hands as far away from you as you can!

Take another big breath in, let the air out, and round your back like a kitty cat stretching.

Meow!

Let your hands go, and give your arms a little shake.
Scrunch and Let Go

Scrunch up your toes, and make all the muscles in your legs really strong.
Pull your belly in, and squeeze the muscles in your arms.
Make your hands into fists, and scrunch up your face.
If you want to, squeeze your eyes shut.

Now take a long breath in, and as you let the air out, slowly let all those muscles go.

Take another long breath in, and as you let the air out, let your whole body relax.

Aaahhhh...

Do it again if you’d like!
Gentle Neck Stretch

Sit up tall and slowly, gently let your head fall to one side.
Breathe in and breathe out.
Sit up tall again and slowly, gently let your head fall to the other side.
Breathe in and breathe out.
Feel how heavy your head is!
Sit up tall once more. Slowly roll your head down toward your belly.
Breathe in and breathe out.
Sit up tall, take another long breath in, and let it all the way out.
Shoulder Rolls

Sit up tall and pull your belly in.

Squeeze your shoulders up as high as you can. Try to touch your shoulders to your ears!

Take a long breath in. Let it out, and lower your shoulders down.

Now make circles with your shoulders. Lift them up, and then press them back.

Lower them down, and then press them forward.

Keep going, rolling your shoulders in a big circle.

Do it one more time. Roll your shoulders in a big circle.

Now give your shoulders a good wiggle. Shake 'em out!
Do Nothing Moment

Does it feel like there's always something you're supposed to be doing?
There are places you have to go, and lots of jobs to do.
And everyone seems to be in a hurry!
Well, for this moment, there's nothing you have to do.
Except, of course, breathe.
Breathe in, breathe out. If you want, close your eyes.
Breathe in, breathe out.
Breathe in. breathe out.
Candle Breath

Imagine you’re holding a candle.
Take a long breath in, and sloooowly blow the air out toward your candle.
You want to make your candle flame wiggle, but . . .
DONT BLOW IT OUT!
Long breath in, sloooow breath out.
Long breath in, sloooow breath out.
Long breath in . . . now blow your candle out!

Aaahhh . . .
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