

Butterfly Breathing Technique

Explanation:

Butterfly breathing is a fantastic exercise for regulating the breath, oxygenating the body, and opening the airways. It is good for immediately reducing stress held in the body and provides instant revitalizing as it also stretches the muscles and massages the organs.

Instructions:

Have your child stand up or can be done sitting down. Ensure there is enough room around them to fully extend their arms out to the side without connecting with anything.

- Feet should be flat on the floor or can be done while sitting
- The hands start in the pray position at the chest
- Encourage your child to breath in and move their hands down letting them separate as they move their arms out to sides and then make a big circle with their hands meeting again high above their head
- Hold this for a second and then encourage them to gently begin to breath out as they slowly bring your arms back down in a circular movement Hold this for a second and then repeat. Moving slowly and calmly like a butterfly, repeat approximately 5 to 10 times

When do practice butterfly breathing:

Butterfly breathing can be practise by children and adults anytime but especially when we need to focus and come back to the breath.

This breathing technique is ideal to be used in times of frustration, anxiety or anger, it is also perfect to use a distraction when you can see your child is about to be triggered or to move the attention away from a possible trigger.

