

SNAKE BREATHING

Snake breathing, also known as hissing breath, is a fun and easy breathing technique that can be practiced by kids to help them feel calm and relaxed.

- Find a comfortable seated position with your back straight and shoulders relaxed. Take a deep breath in through your nose, and as you exhale through your mouth, make a hissing sound like a snake. Try to make the hissing sound as long and smooth as possible.
- Repeat this for several breaths, focusing on the sound and sensation of the breath moving through your body. You can even imagine yourself as a snake, slithering and hissing as you breathe.

Snake breathing can be a great way to release tension and anxiety, and it's also a fun way to encourage kids to practice mindfulness and focus on their breath. So next time you or your child need a moment to calm down, try snake breathing!



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