

WORKSHOP

Breathing to calm down

Dear parents,

Today *Minipally* showed us a magic trick for calming down when we're excited. It's called "butterfly breathing". With *Minipally*, we pretended we were butterflies. You have to breathe out hard and slowly beat your wings like a butterfly. *Minipally* told us that sometimes his mommy does butterfly breathing with him to help him calm down. You know, sometimes, my teacher hums "hum, hum, mm, mm" very softly and invites me to imitate her. It helps me calm down.

