

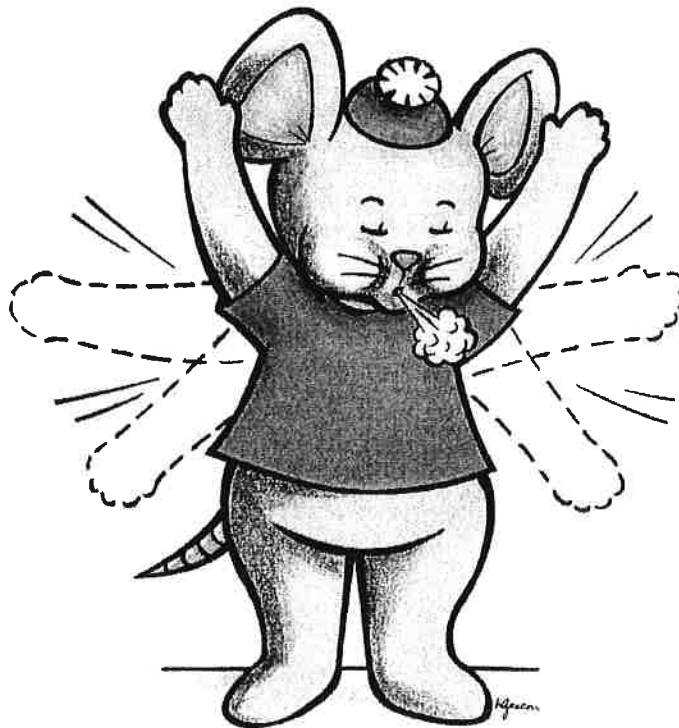
## Messages to parents

### WORKSHOP 12

## Breathing to calm down

Dear parents,

Today *Minipally* showed me a magic trick for calming down when I'm angry. It's called Butterfly Breathing. I gently beat my wings and breathe slowly, like a butterfly. Even Max, *Minipally's* friend, managed to calm down. Good thing, too, because he felt like hitting Grady, who had hit him on the head with a ball by accident. Look at this picture: it's the butterfly, to remind me that I can breathe slowly to help myself calm down. I would like you to hang the butterfly up at home so that I can blow on it to calm down. When I see it swinging gently, I will know that I'm breathing well. And if you congratulate me when I'm a butterfly, I will become an expert at relaxing.





## Minipally

### Suggestions for parents

#### Workshop 12: Breathing to calm down

My child is learning to use breathing to calm down, especially when she is angry.

- The parent models using breathing to calm down. She tells her child what she is doing to help her become aware of this method: "I'm angry, so I'm going to sit down and breathe. I want to calm down. I don't want to shout or get all worked up. I'm breathing. I feel better now."
- The parent invites the child to calm down before mealtime. She explains that when we breathe, it's like a little balloon that gets bigger when the air goes in and smaller when the air goes out. She invites her child to hold up her arms as if she were holding a balloon in front of her chest. Open the arms and take a deep breath to inflate the balloon. Hold the air for a moment, and then slowly deflate the balloon by bringing the hands together and breathing out. Repeat three times.
- Help the child see when anger is coming: "Your fists are clenched, your eyes are angry. I think your lion wants to wake up. Come, let's blow on the lion's anger."\*

\*Translated from Sylvie Bourcier, *Comprendre et guider le jeune enfant à la maison, à la garderie*. Montreal: Éditions du CHU Sainte-Justine, 2004.