Breathing bingo

A calm game for children and grown-ups. Try one square at a time and colour it in when you have done it. Four in a row, in any direction, is a BINGO!

Play together: take turns choosing a square and do it at the same time.

Calm corner: keep the card nearby for moments that feel big or busy.

Go gently: breathe softly, never so hard that you feel dizzy.

Name: _____

Balloon breath Breathe in and fill your belly like a balloon. Let it out slowly.	**Smell and blow** Smell a flower... then blow out a candle.	**Bunny breaths** Three quick sniffs in, one long breath out.	**Starfish hand** Trace around your fingers: in going up, out going down.
Five things Name five things you can see right now.	**Snake breath** Breathe in, then hiss out slowly like a snake: "sssss".	**Bumblebee hum** Breathe in, then hum out like a bee.	**Teddy ride** Lie down with a toy on your tummy. Watch it rise and fall.
FREE Colour in this square!	**Count to four** In for four, out for four. Do it three times.	**Listen** Close your eyes. What is the quietest sound you can hear?	**Mountain pose** Stand tall like a mountain for five slow breaths.
Kind thought Think of someone you love and send them a kind wish.	**Cool and warm** Feel cool air coming in your nose, warm air going out.	**Shake it out** Shake your hands, then stand still for three breaths.	**Big stretch** Reach up high as you breathe in, flop down as you breathe out.