My 7-day calm chart

Do one calm breathing activity each day, then colour in the star. Seven stars earns your calm badge!

Name: _____

Monday
Balloon breath



Tuesday
Smell the flower, blow the candle



Wednesday
Listen for the quietest sound



Thursday
Teddy ride



Friday
Bumblebee hum



Saturday
Starfish hand



Sunday
Big stretch



My badge!
All seven days done



How to do each one

- **Balloon breath:** Hands on tummy. Breathe in and fill your tummy like a balloon, then let it go down slowly.
- **Smell the flower, blow the candle:** Sniff in slowly through your nose, then blow out gently through your mouth.
- **Listen for the quietest sound:** Close your eyes for one minute. What is the quietest sound you can hear?
- **Teddy ride:** Lie down with a teddy on your tummy. Watch it rise and fall as you breathe.
- **Bumblebee hum:** Breathe in, then hum like a bee as you breathe out. Feel the buzz.
- **Starfish hand:** Trace around your fingers: breathe in going up, out coming down.
- **Big stretch:** Reach up high as you breathe in, then flop down softly as you breathe out.

For grown-ups: keep breathing soft and slow, never forced, and stop if your child feels dizzy. Do it together; children copy what they see. Find the activities in the free Breathing bingo card and the kids calm corner at satsangspace.com.