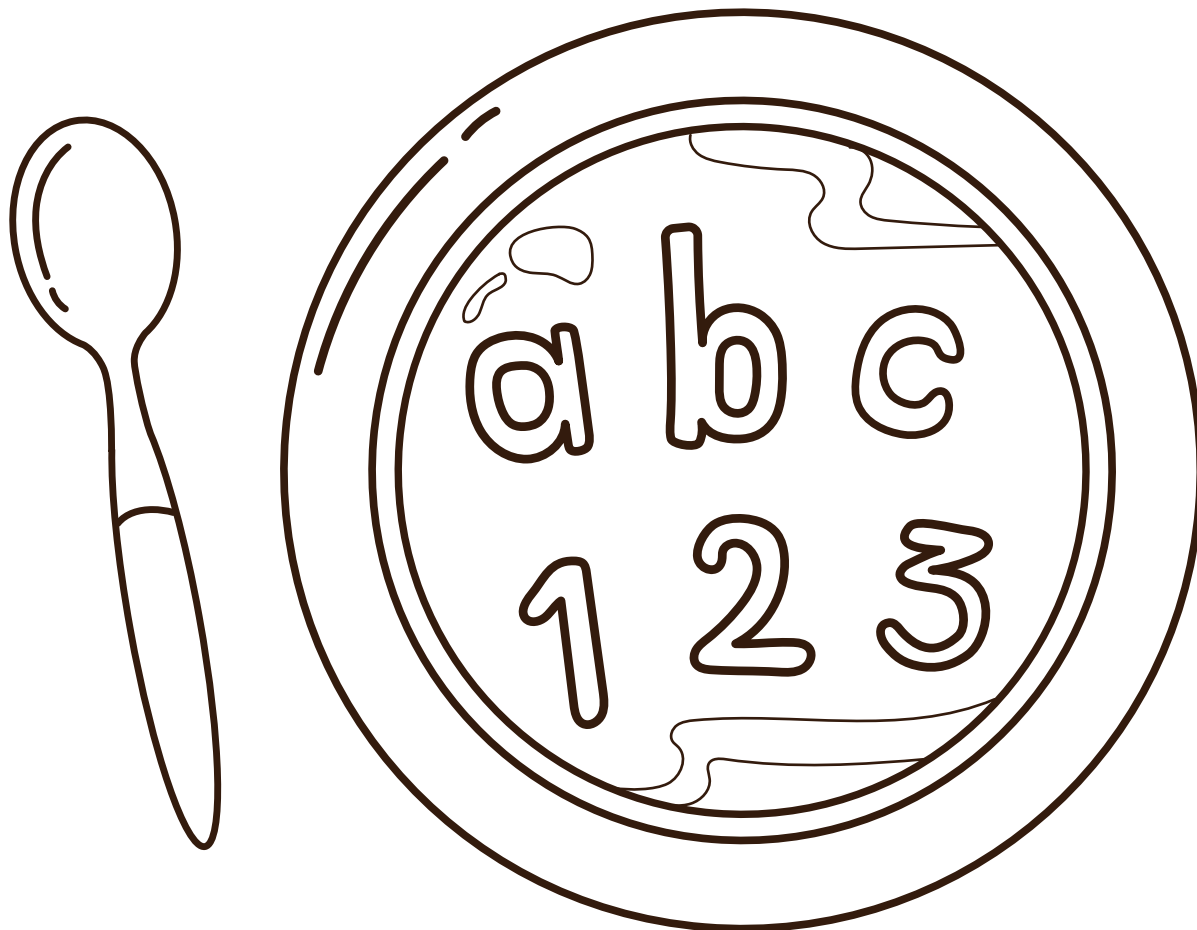


ALPHABET SOUP BREATHING EXERCISE



The
Children's
Reading
Foundation

This alphabet soup activity will help your child learn mindfulness and understand their feelings by practicing their breathing while blowing on this hot bowl of soup.



1. Help your child practice their long breaths by taking in a deep breath and holding it as they trace the entire length of the placemat with their finger. Then have your child blow out their long breath as they trace the placemat for a second time. Repeat.

2. Help your child practice their short breaths by taking a deep breath and blowing out three quick short breaths as they tap the letters a, b, and c. Repeat.

3. Help your child practice their short breaths by taking a deep breath and blowing out three quick short breaths as they tap the numbers 1, 2, and 3. Repeat.

4. Help your child practice their breathing by combining steps one, two, and three in quick succession.

***Bonus activity:** Coloring is also a mindful activity. Color your placemat and bowl of soup.

