



Lesson Time

Your child is learning that people can feel disappointed when they don't get what they want.

Belly breathing helps children calm down when they feel disappointed. Your child is learning how to do belly breathing:

- Put your hands on your tummy and pay attention to your breathing.
- Take a deep breath that makes your tummy move out when you breathe in and in when you breathe out.
- Breathe in slowly through your nose and out slowly through your mouth.

Knowing how to calm down helps your child learn at school and at home.

Play Time

Play a game with your child to practice belly breathing. You will need a mirror that your child can stand in front of or a hand mirror that you can hold in front of your child.

Say: **We're going to play Steam the Mirror. First stand close to the mirror. Put your hands on your tummy. Breathe in slowly through your nose. Then breathe out slowly through your mouth onto the mirror. What do you see?** The mirror should be steamed up with your child's breath. Let your child draw a picture, a letter, or a number in the steam.

Repeat several times.

Story Time



Camela

This week's story is about Camela. Camela wants to sit next to the teacher, but two other children are sitting there already. Ask your child about this story.

- **What do you see in this photo?**
- **How is Camela feeling?** (Disappointed.)
- **How can you tell?** (By the look on her face. By her body. By what is happening.)
- **What should Camela do to calm down?** (Put her hands on her tummy and say "Stop." Name her feeling: "I'm disappointed." Take belly breaths.)

Now let's pretend we're Camela. Let's take some belly breaths together. Breathe in slowly through your nose and out slowly through your mouth. Repeat a few times.