

Everyday Speech Calming Snowflakes

Visual Tools by Everyday  Speech

Deep breathing exercises help teach students how to self-regulate their emotions and calm their bodies.

This winter-themed breathing activity will allow students to visually trace their finger along a snowflake's edge as they take slow, deep breaths. Practice this exercise once together as a group before encouraging students to try it on their own!



Instructions:

Color in & cut out your snowflake. Practice taking deep breaths by slowly tracing your finger up and down the snowflake as you breathe. Do this 6 times or until your body feels calm and relaxed.





