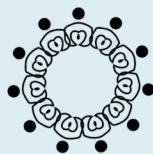


Belly Breath Partner



Belly Breath Partner

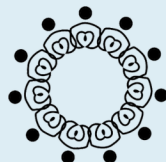
What You'll Need!

For younger participants:

- A stuffie
- Your printable birth certificate
- Optional: markers to decorate

For older participants:

- A smooth calming stone
- Optional: markers or paint and paint brush



Belly Breath Partner

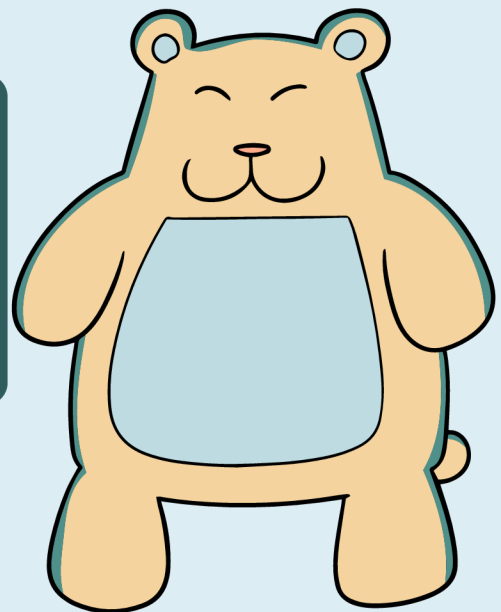
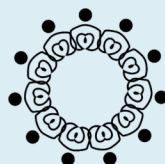
For Younger Participants

Meet your new Belly Breath Buddy! Your stuffie will help you practice deep belly breaths.

Give your new friend a name – Fill out a special birth certificate to welcome them!

Decorate – Add colors, designs, or anything that makes it feel extra special.

Practice together – Lay your stuffie on your belly, take a slow deep breath in, and watch them rise and fall as you breathe.



Belly Breath Partner

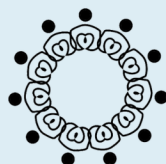
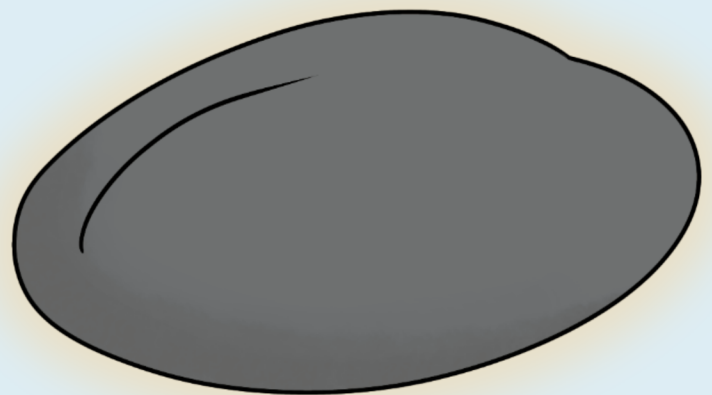
For Older Participants

A grounding stone is a TOOL.

Keep it in your pocket and hold it when you feel overwhelmed. Feeling coldness of the stone in your hand, this can help you be present, be mindful in the moment. Option to colour your stone with paint or markers and add a positive word that you like and find calming.

What calming word or phrase would you add or pair with your stone? Here are some ideas to get you started: Peace, Breathe, I am calm, Ease, Chill.

Carry the stone with you,
a reminder to practice
mindful breathing in your
day.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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 [@emillartherapy](https://www.instagram.com/emillartherapy)

 [MOOD Kits by Emily Millar](https://www.facebook.com/MOODKitsbyEmilyMillar)

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Can't wait to see what you create!

