

## Breathing for a Calm Peace

Deep, slow breaths help lower our stress and anxiety by signaling our nervous system to calm. A calm presence allows us to make better choices. **Learning to breathe into a calm presence takes practice of discovering what works for you.**



Research the many different breathing techniques available.

1. List ones you would like to experiment with.
2. Which ones do you think would be great for younger kids and why?
3. Which ones do you think would be appropriate for adult stress?