

FREE PRINTABLE KIT



Flower Breathing

A gentle calm-down kit for big worries.

What's inside

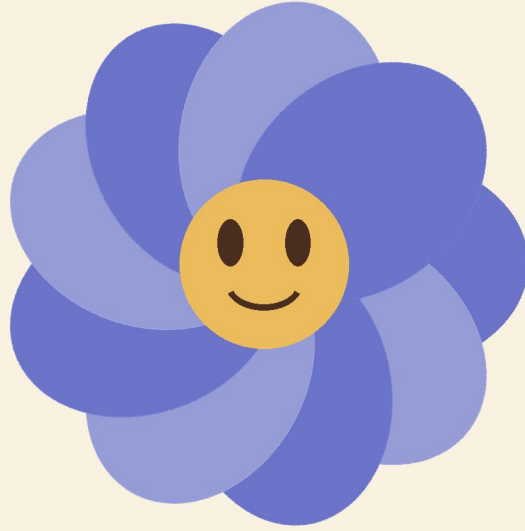
- A flower-breathing poster for the wall
- A trace-and-breathe calming flower
- A Luella Bean coloring page
- A 'My Worry Balloon' feelings page
- A note for grown-ups



In like a flower... out like the wind.

Flower Breathing

Print me and hang me where big feelings happen.



1

Smell the flower.

Breathe in slowly through your nose. 1... 2... 3... 4...

2

Blow the petals.

Breathe out softly through your mouth, like a gentle wind.

3

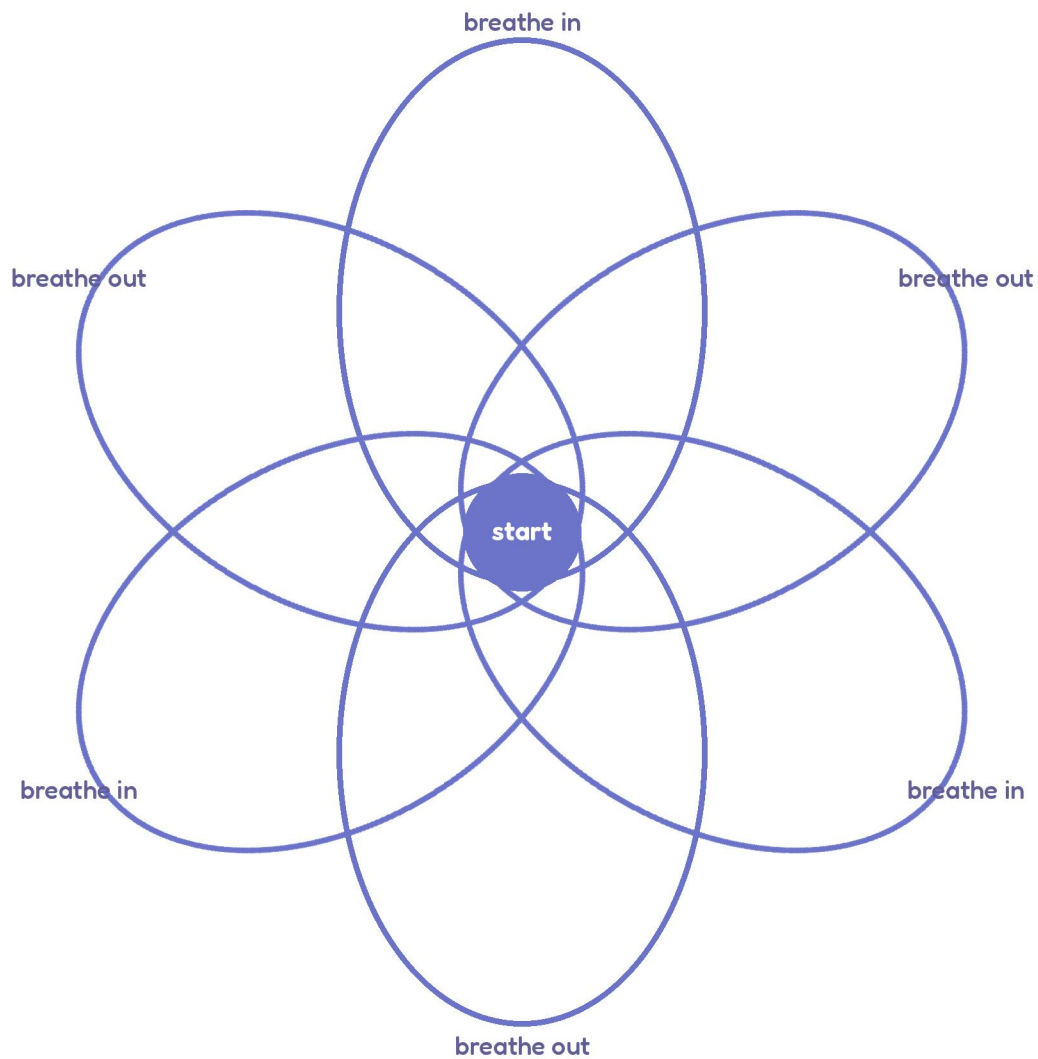
Do it three times.

Watch the flower. Feel your body slow down and soften.

In like a flower... out like the wind.

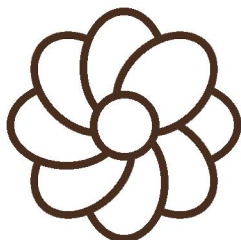
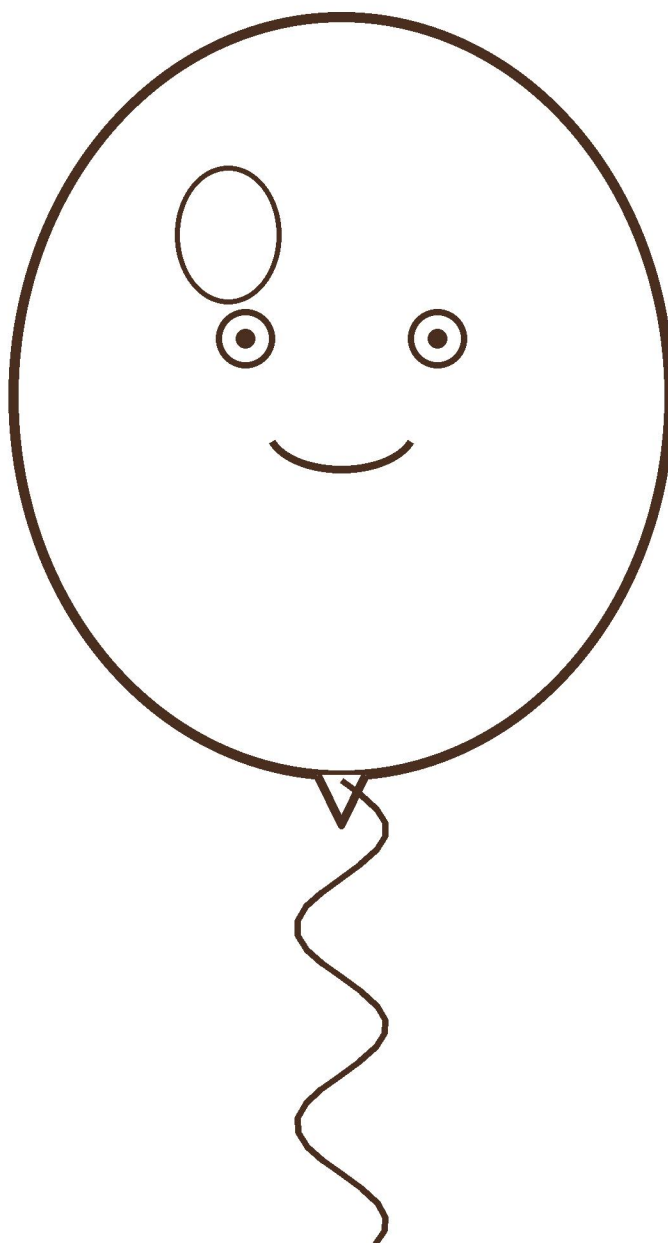
Trace & Breathe

*Put your finger in the middle. Trace out a petal as you breathe IN,
back to the middle as you breathe OUT. Go slow.*



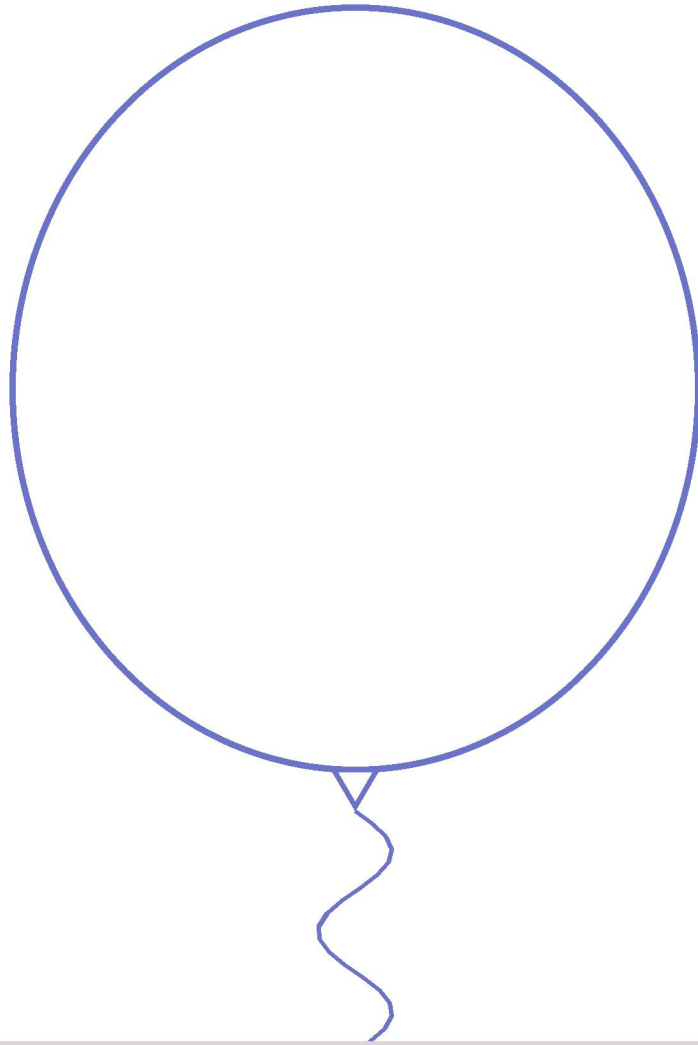
Colour the Worry Balloon

What does a worry look like? Give it a colour all your own.



My Worry Balloon

Draw or write what you're worried about inside the balloon.



Now take a slow flower breath... and let it float away.



For the grown-ups

the tool: Flower breathing

Worry is one of the first big feelings little kids meet. Flower breathing gives a child a simple, physical way to settle it: a slow breath in (smell the flower), a slow breath out (blow the petals), repeated until the body calms. Slow exhales quiet the nervous system, and a small doable action beats “don't worry.” Practise it together when everyone is calm, so it's ready when a big worry hits.

This kit comes from the picture book

Luella Bean and the Worry Balloon



Part of the Luella Bean's Imagination series

[Find the whole series – link in bio](#)