

# BREATHE UP

## lesson guide

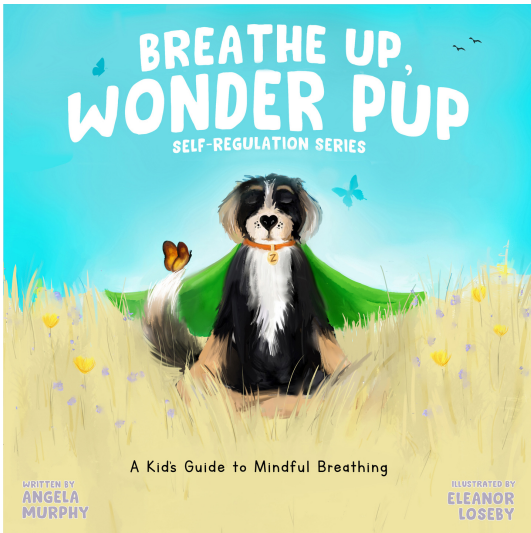
A grownup's guide to supporting children and youth with regulation skills.

(this curriculum is to be used after you have read the Wonder Pup books)



Created by  
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# lesson guide

for teaching  
animal breathing



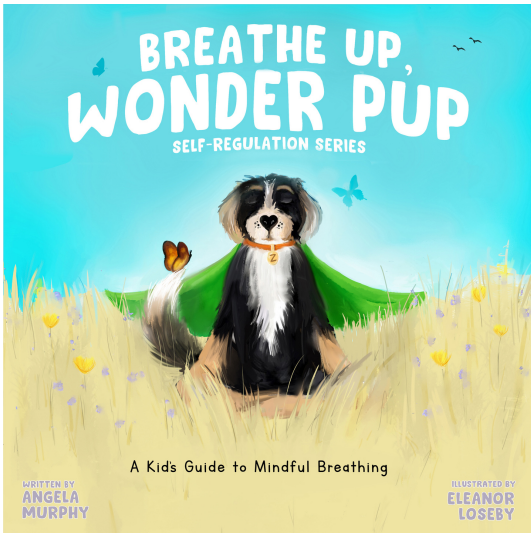
**MODEL:** TELLING IS TYPICAL,  
SHOWING IS NECESSARY.

**Implicit teaching:** Children need to **see** that their grownups have big feelings too. They aren't mind readers.

Talking through your emotions out loud around the child is a **VERY** powerful strategy

For example, "I am feeling overwhelmed today, my heart is beating fast, my fingers are tingly... I wonder what I can do to calm my brain & body? I am going to try some animal breathing.





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**SAY:** WHEN WE ACKNOWLEDGE  
OUR CHILDREN, THEY WILL RISE.

Now it's time to help the child recognize their own emotions!

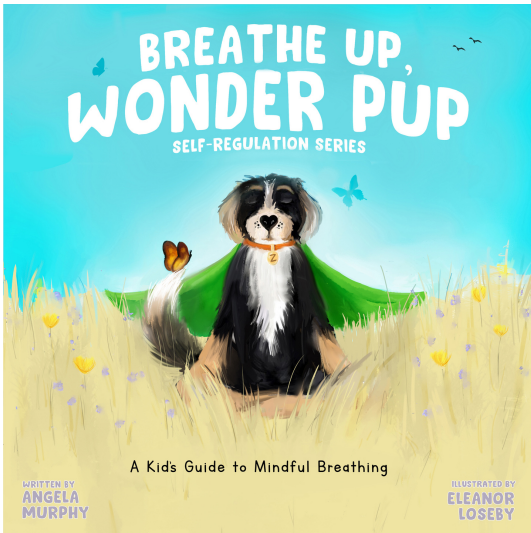
**NAME IT TO TAME IT** (Dan Seigel):

When we help children name what they are feeling it sends soothing signals in the brain that calms their nervous system ("I see that you are upset right now...").

**I WONDER statements** can be helpful in naming emotions. "I wonder if you are upset because you didn't get the colour you were hoping for". I wonder what we can do to calm our brain and body?

Practice Animal Breathing together.

(reminder: saying "go do your Animal Breathing" rarely works)



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**DO:** WE LEARN BEST BY DOING!

Use the Breathe Up template.

Ask the child to draw a self-portrait from their nose up.  
Draw along with them!

Next, ask the child which animal they'd like to draw. Draw  
the animal in the thought bubble.

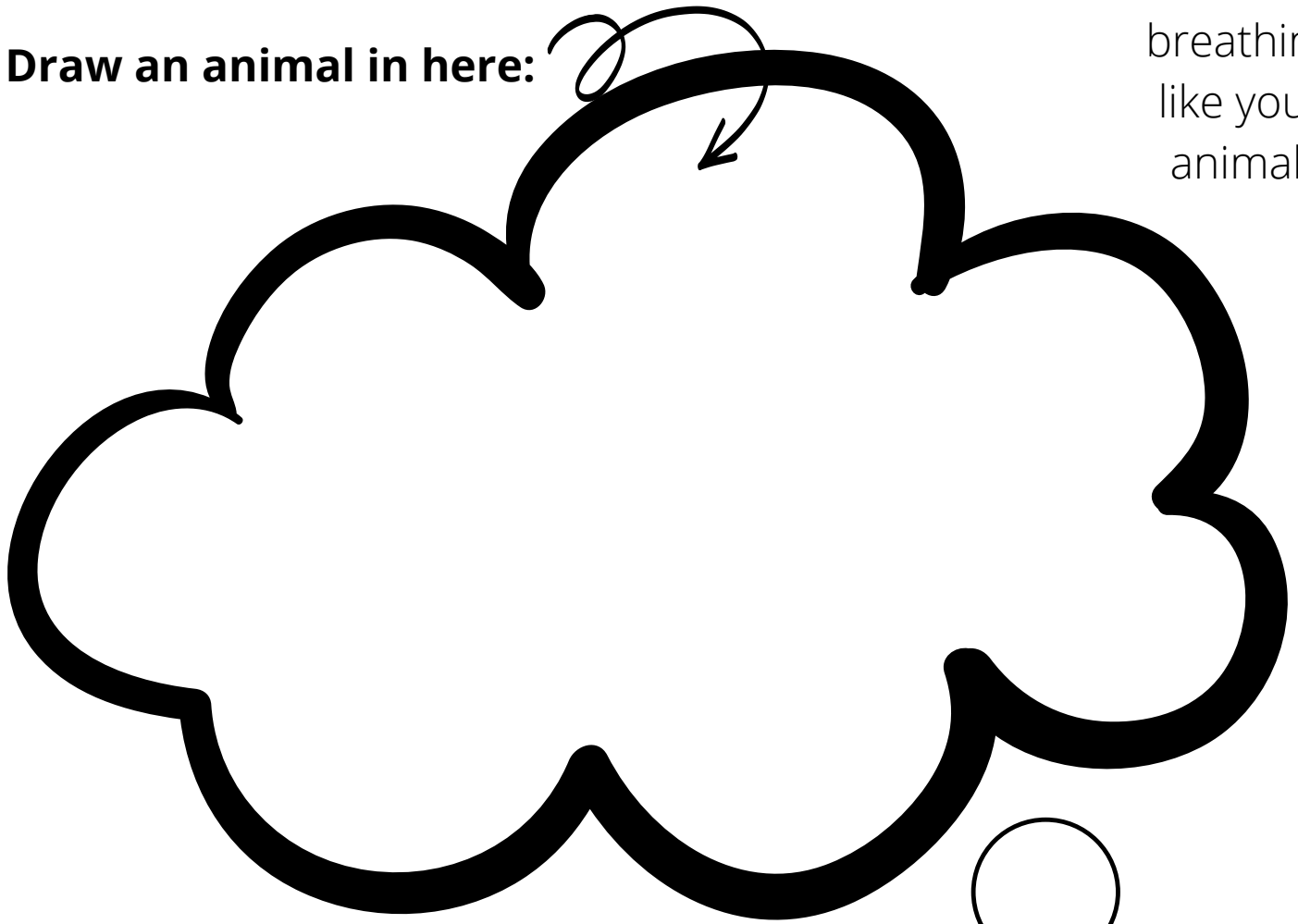
Practice breathing like each other's animals.

Ask the child to teach someone at home about Animal  
Breathing.



**Draw an animal in here:**

Practice  
breathing  
like your  
animal!



**Draw  
yourself  
here:**

