

# ALPHABREATHS

THE ABCS OF MINDFUL BREATHING



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GUIDE & ACTIVITY KIT



# A GUIDE TO ALPHABREATHS

What mindful breathing is and when to use the specific breaths

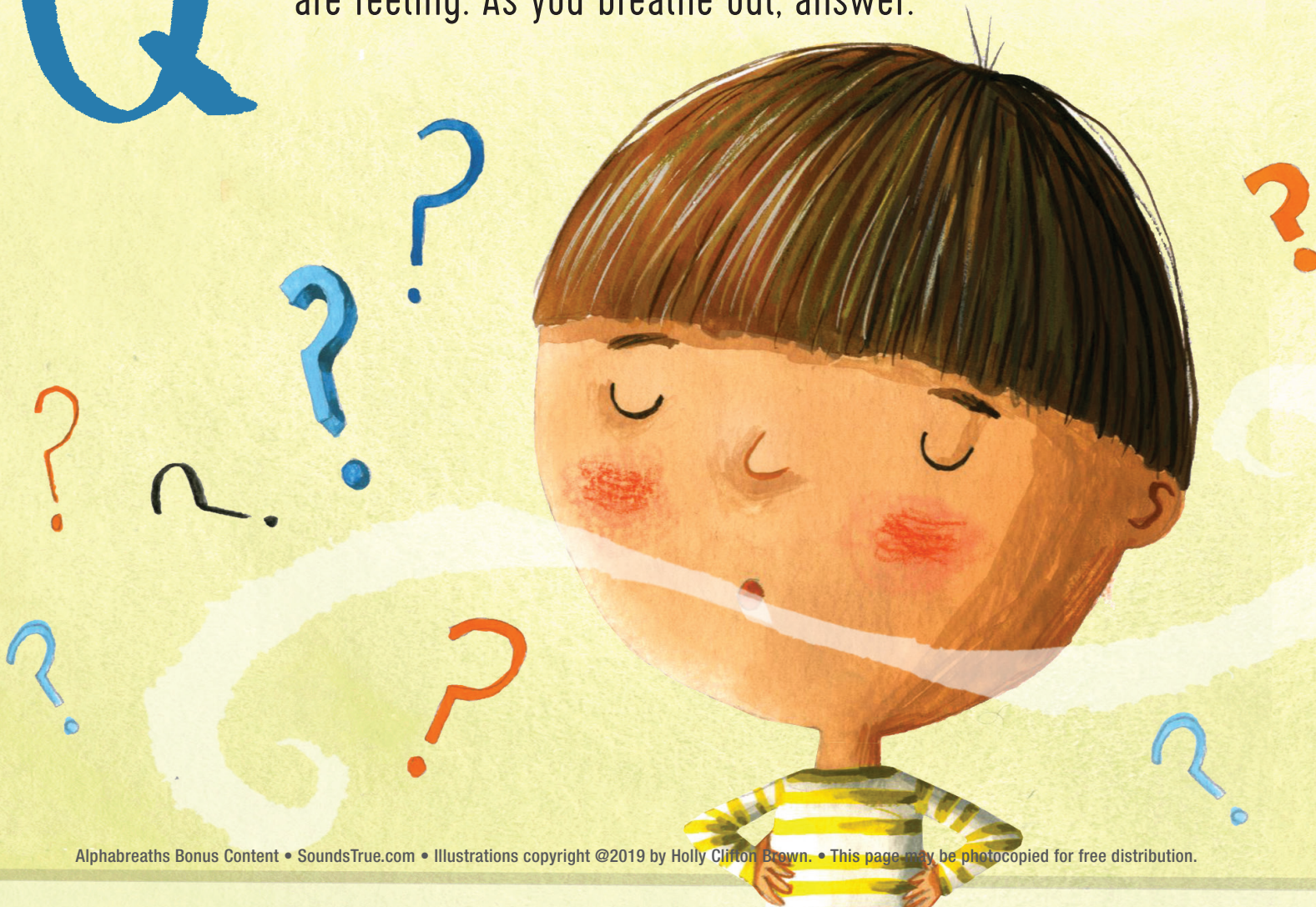
**Mindful breathing** is when we pay attention to the feeling of our breath in our bodies. When we focus on the natural flow of our breath, it helps us to feel calmer and clearer. When kids practice mindful breathing, they can follow the inhale and exhale in fun, engaging ways—like the breaths we've created for *Alphabreaths*—and enjoy all the benefits that come from that!

Here are six opportunities for using *Alphabreaths*—each with a list of the breaths that best fit the desired feeling or outcome. As a warm-up, you can start with Question Breath to give children a chance to check in with how they feel. Encourage them to share their answers.

# Q

## Question Breath

As you breathe in, ask yourself how you are feeling. As you breathe out, answer.







## Feel Focused

For example: For school and task-related activities (homework, studying for a test) and transitioning between activities.

Alligator  
Butterfly  
Flower  
Know Your Breath  
Ninja

Oatmeal  
Perfume  
Question  
Redwood  
Xylophone

## Manage Stress & Frustration

For example: When something is not going your way, feeling nervous anticipation or anxiety about something to come.

Alligator  
Butterfly  
Cake  
Dolphin

Elevator  
Ice  
Voice



## Gain Confidence

For example: Getting ready to try something new, take a test, participate in a sporting event.

Dolphin  
Lion  
Mountain  
Ninja

Redwood  
Superhero  
Voice





## Feel Quiet & Calm

For example: Transitioning out of a busy activity into quiet time, getting ready for bed.

Alligator  
Elevator  
Hugging  
Ice  
Ninja

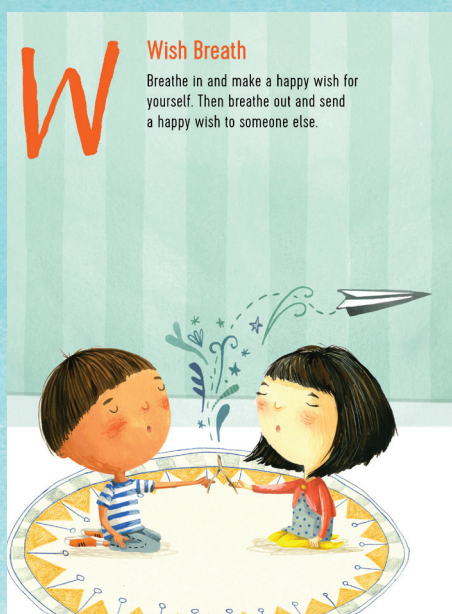
Oatmeal  
Redwood  
Teddy  
Yawning  
Zzzz

## Feel Better When Feeling Down

For example: When someone hurt your feelings, something did not go the way you hoped; a chance to practice self-compassion.

Gratitude  
Hugging  
Perfume

Teddy Bear  
Underwater  
Wish



## Practice Kindness & Gratitude

For example: To practice being kind to yourself and generous toward others, being thankful for what is going well.

Gratitude  
Hugging  
Join Your Breath

Superhero  
Wish



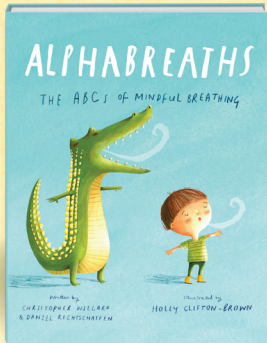
# ACTIVITY: MAKE UP YOUR OWN ALPHABREATH

Many of the breaths in the book were invented or adapted by kids themselves. Here's a chance to get even more imaginative and create your very own breaths! *You can adapt the following steps based on age and how much time you have.*

1. Think of something that you love or admire that can help you focus on your breath. For example, it can be an animal, a superhero, your favorite food, something in nature, or anything else that makes you feel good.
2. How does this (animal/superhero/food/thing) make you feel? Does it help you feel calm when you're frustrated or brave when you're nervous? Does it cheer you up when you're feeling down?
3. Now comes the fun part: How can you act it out as a breath? What will you do as you breathe in? What will you do as you breathe out?
4. Describe your breath. You can use one of these examples to guide you or write it in your own words.
  - Breathe in, feeling brave and strong like a lion. Breathe out, letting out a powerful (but quiet) roar. [Breathe in, feeling \_\_\_\_\_ and \_\_\_\_\_ like a \_\_\_\_\_. Breathe out, letting out a \_\_\_\_\_.]
  - Breathe in and imagine you are a superhero. Breathe out and imagine how you will help someone. [Breathe in and imagine you are a \_\_\_\_\_. Breathe out and imagine \_\_\_\_\_.]
5. Draw a picture of your breath. At the top, write the letter, name, and description.
6. Teach someone how to do this breath, then do it together. You can even share it with Christopher and Daniel, the authors of *Alphabreaths*. Take a photo and email it to [alphabreaths@soundstrue.com](mailto:alphabreaths@soundstrue.com), or post it on social media with #Alphabreaths.



# Alphabreaths Card Deck



Cut out each card and use them to help you remember each breath!

## A Alligator Breath

Open your arms wide like alligator jaws on the in-breath. Snap them shut on the out-breath.



## B Butterfly Breath

Spread your arms like beautiful butterfly wings on the in-breath, and let them flap gently on the out-breath.



## C Cake Breath

Breathe in as you imagine a birthday cake. Breathe out as you imagine blowing out the candles.



## D Dolphin Breath

Breathe in as you lift your arms up high. Breathe out as you imagine diving into the ocean.



## E Elevator Breath

As you breathe in, imagine your breath going all the way up to the top floor of your belly. As you breathe out, imagine it going all the way down to the bottom. You can even count floors as you breathe.



## F Flower Breath

Breathe in and imagine you are smelling your favorite flower. Breathe out and imagine you are blowing the seeds of a dandelion.



## G Gratitude Breath

As you breathe in, think of a person you're grateful for. As you breathe out, send them a smile.



## H Hugging Breath

Close your eyes, give yourself a hug, and gently breathe in and out.





I

**Ice Breath**

Sit very still like you are frozen in ice. Notice how your body moves as you breathe in and out.



J

**Join Your Breath**

Join the rhythm of your in-breath and out-breath with a friend, so that you are breathing in and out together.



K

**Know Your Breath**

As you slowly breathe in and out, check in with your five senses. What can you feel, hear, taste, smell, or see?



L

**Lion Breath**

Breathe in, feeling brave and strong like a lion. Breathe out, letting out a powerful (but quiet) roar!



M

**Mountain Breath**

Breathe in and breathe out while keeping your body still like a mountain.



N

**Ninja Breath**

Pretend that you are a ninja. Breathe in and out as silently and slowly as you can.



O

**Oatmeal Breath**

Breathe in and imagine you are smelling a bowl of hot oatmeal. Then breathe out like you are blowing on your oatmeal to cool it off.



P

**Perfume Breath**

As you breathe in and out, what perfume can you smell in the air?



Q

**Question Breath**

As you breathe in, ask yourself how you are feeling. As you breathe out, answer.





# R

## Redwood Breath

Breathe in and reach your arms up high like branches extending to the sky. Breathe out and imagine you have roots growing from your feet deep into the earth.



# S

## Superhero Breath

Breathe in and imagine you are a superhero. Breathe out and imagine how you will help someone.



# T

## Teddy Bear Breath

Lay down on your back and put a teddy bear on your tummy. As you breathe in and out, watch your teddy bear go up and down.



# U

## Underwater Breath

Paddle your arms, imagining you are underwater. Breathe in and out, blowing bubbles through your scuba gear.



# V

## Voice Breath

Take a big breath in and sing Laaa as you breathe out.



# W

## Wish Breath

Breathe in and make a happy wish for yourself. Then breathe out and send a happy wish to someone else.



# X

## Xylophone Breath

Imagine playing a xylophone from the bottom to the top on the in-breath. Then play it from the top to the bottom on the out-breath.



# Y

## Yawning Breath

Breathe in a big, mindful yawn, paying attention to all the sensations you feel. Then let your breath out.



# Z

## Zzzz Breath

Imagine falling asleep. Close your eyes, take a big breath in, and hold it. Then slowly let out your breath, imagining a long Zzzz.

