

## Cookie Breathing Game

**When you are anxious or worried, your body feels tight and uncomfortable. Learning how to take deep breaths is a good way to calm your body so you can feel better. Cookie Breathing is a special way of breathing that can help your body relax and control scared, anxious feelings. Follow the steps below:**

Step 1: Put your hand on your tummy, where your belly button is. Slowly breathe in and out. When you breathe in, your tummy should move out. When you breathe out, your tummy should move in. Breathe in and out like this four times and feel your tummy move in and out. When doing Cookie Breathing, make sure your shoulders and chest are relaxed and still. Only your tummy should be moving in and out.

Step 2: Continue this special way of breathing, but now when you breathe in, do it through your nose for three seconds, and when you breathe out, do it through your mouth for four seconds. To help you do this, imagine a yummy batch of cookies that just came out of the oven. As you breathe in, smell those yummy cookies! But they're hot, so you have to blow on them to cool them down. As you breathe out, blow on the cookies to cool them down.

**Remember:**

Smell the cookies: Breathe in through your nose for three seconds, tummy moves out.

Blow on the cookies: Breathe out through your mouth for four seconds, tummy moves in.

(When first learning Cookie Breathing, it helps to do it lying down. You can put a small toy or book on your tummy and watch it go up and down as you breathe.)

**Let's do an experiment to see how your body feels when it is stressed or anxious, and how you can use Cookie Breathing to calm your body. Follow the steps below:**

Step 1: Notice how your body feels when it is calm. Circle 1 or 2 below to show what you notice about your body:

(1) Heart is beating at a normal rate; body temperature is normal; I'm breathing normally.

or

(2) Heart is beating very fast; I'm hot and sweaty; it's hard to breathe.

**Step 2:** Do jumping jacks until you are very out of breath (at least 40 to 60 seconds). Don't worry: this is not dangerous! Notice how your body feels when it is stressed. Circle 1 or 2 below to show what you notice about your body:

(1) Heart is beating at a normal rate; body temperature is normal; I'm breathing normally.

or

(2) Heart is beating fast; I'm hot and sweaty; it's hard to breathe.

**Step 3:** Do jumping jacks again until you are very out of breath (at least 40 to 60 seconds). Then use Cookie Breathing to relax your body. Do Cookie Breathing until your body is back to a calm state (e.g., your heart is beating at a normal rate and you are breathing normally).

**Put a checkmark beside the statements below that show what you learned from this experiment:**

My body changes when I am stressed or anxious.

Doing Cookie Breathing relaxes my body.

**Put a checkmark beside the answer you think is best:**

If I am starting to feel stressed or anxious, I should wait to do Cookie Breathing until my heart is beating very fast and I am having trouble breathing.

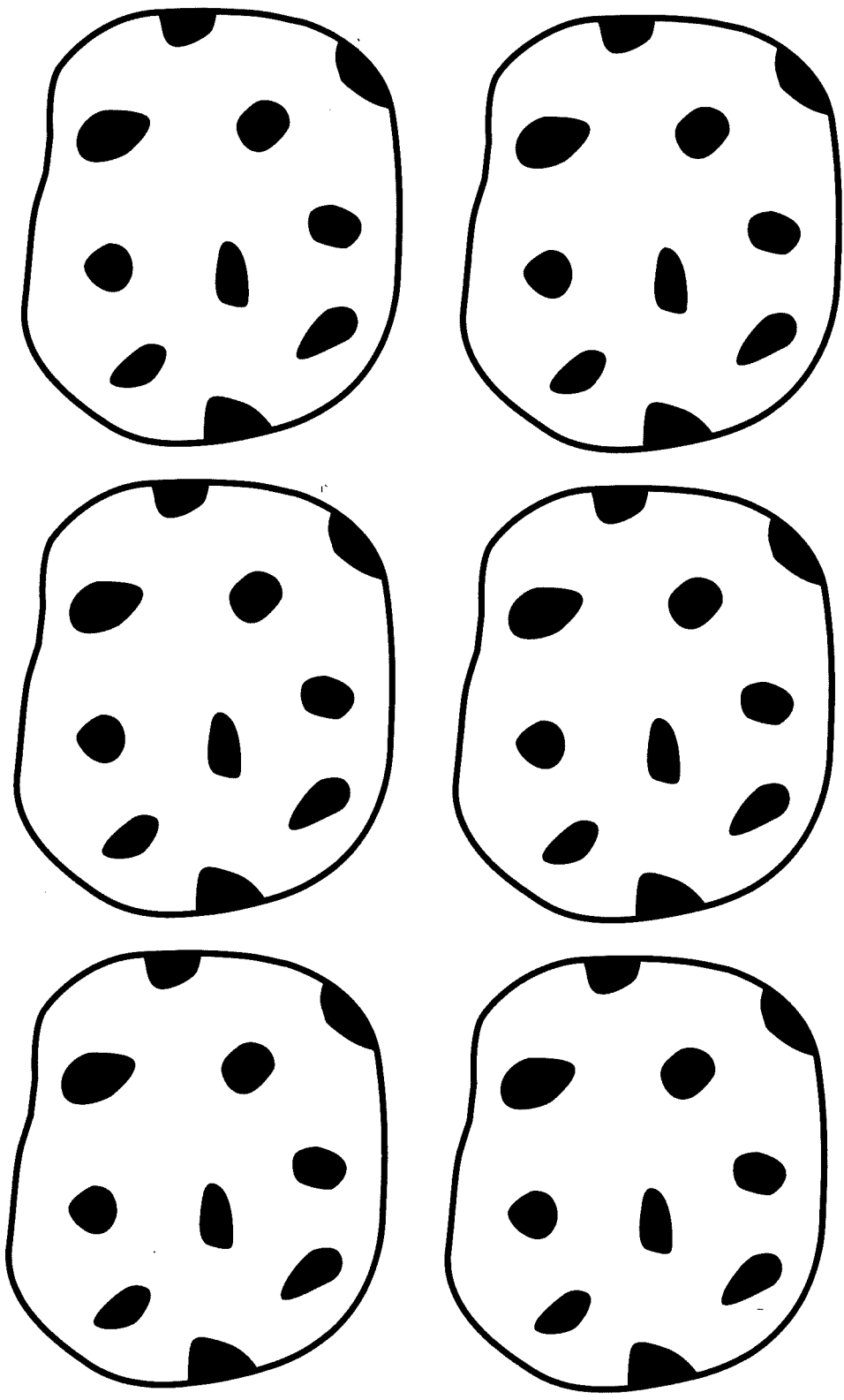
I should do Cookie Breathing as soon as I start to feel stressed or anxious. This will help me keep calm.

**Do Cookie Breathing again, but this time, think about your favorite kind of cookie, hot out of the oven. Imagine you are smelling the cookies and blowing on them to cool them down.**

**When you are feeling scared or worried and you do Cookie Breathing at the same time as you are thinking of your favorite kind of cookie, you relax your body. You also replace your scared, worried thoughts with happy thoughts about your favorite kind of cookie!**

**Let's play the Cookie Breathing game to help you practice. To play, roll the dice. If you roll an even number, do Cookie Breathing properly and slowly two times. If you roll an odd number, pick two paper cookies from the bag. Play until you have collected all six paper cookies. You get a prize once you have collected all six paper cookies.**

# Cookie Breathing Game: Cookies



## Practice Activity to Do at Home: Cookie Breathing

Do Cookie Breathing properly ten times each night before bedtime. It will help your body relax in preparation for sleep. It's best to do Cookie Breathing together with your parent. If you practice Cookie Breathing every night, you will get good at it so you can use it when you need to relax your body.

### Instructions for Cookie Breathing

Think of my favorite cookies hot out of the oven. Smell the yummy cookies: Breathe in through my nose for three seconds, tummy moves out.

Think of my favorite cookies hot out of the oven. Blow on the cookies to cool them down: Breathe out through my mouth for four seconds, tummy moves in.

Use the chart below to help you keep track. Put a checkmark in the box each time you do Cookie Breathing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY