



Memory Game: Breathing Choices

Conscious Discipline breathing exercises shut off the body’s “fight or flight” response, allowing children and adults to calm themselves and choose effective responses to conflict and upset.

Three deep belly breaths shut off the brain’s “fight or flight” system. This active calming strategy is key to emotional health. Conscious Discipline utilizes four core breathing techniques: S.T.A.R, Drain, Balloon and Pretzel. These techniques are simple, fun ways to teach belly breathing to children.

Of course, practice is required for these techniques to become second nature. Use this memory game to review and practice S.T.A.R., Drain, Balloon and Pretzel with your children or students. If you practice active calming with children while they are calm, it will become easier to access these skills in moments of upset.

HOW TO USE CONSCIOUS DISCIPLINE BREATHING TECHNIQUES

If you’re new to Conscious Discipline, here’s how to S.T.A.R., Drain, Balloon and Pretzel:

S.T.A.R.

Smile, **T**ake a deep breath, **A**nd **R**elax. Breathe in through the nose with the belly going out, then out through the mouth with the belly going in. Help children learn to exhale longer than they inhale.

Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder and face muscles. Exhale slowly, making a “ssshhhh” sound, and release all your muscles, draining out the stress.

directions continued on next page

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Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms, and making a “pbpbpbpbp” sound (like a balloon releasing air).

Pretzel

Standing up, cross your ankles. Now cross your right wrist over your left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

MEMORY GAME DIRECTIONS:

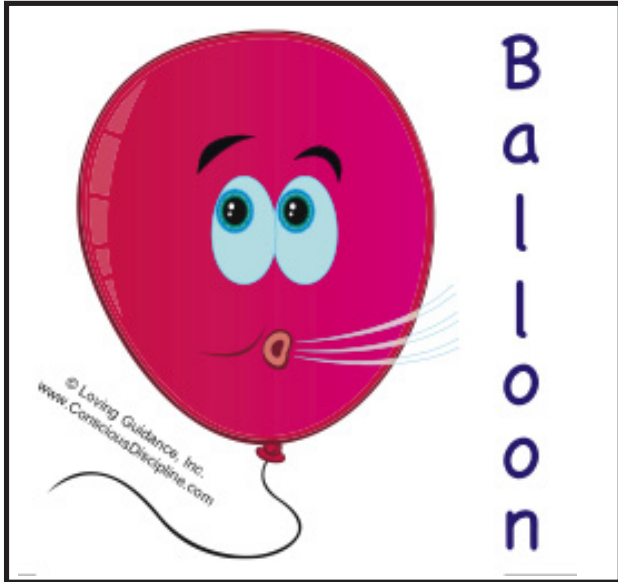
Making the Game Cards

- **STEP 1:** Print each page of the Breathing Choice cards on cardstock. For toddlers, print only the first two pages.
- **STEP 2:** Cut out each card. Laminate to ensure durability.

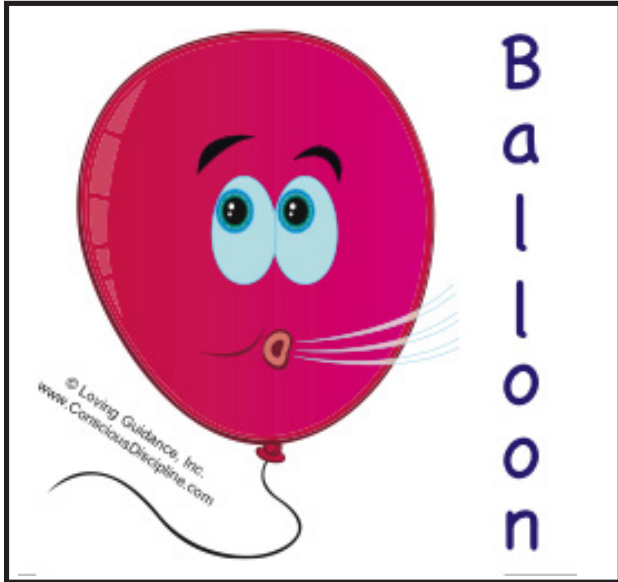
Playing the Memory Game

- **STEP 1:** Shuffle the cards.
- **STEP 2:** Lay the cards face down in rows.
- **STEP 3:** Turn over any two cards.
- **STEP 4:** If the cards match, keep them and practice the breathing strategy on the matching cards. If the matching cards have one icon, practice the breathing strategy once. 2 icons=2 breaths and 3 icons=3 breaths.
- **STEP 5:** If the cards do not match, turn them back over.
- **STEP 6:** Try to remember what image was on each card.
- **STEP 7:** Watch and remember during other players' turns.
- **STEP 8:** Repeat Steps 3-7 until all cards have been matched. When all cards have been matched, the game is over.

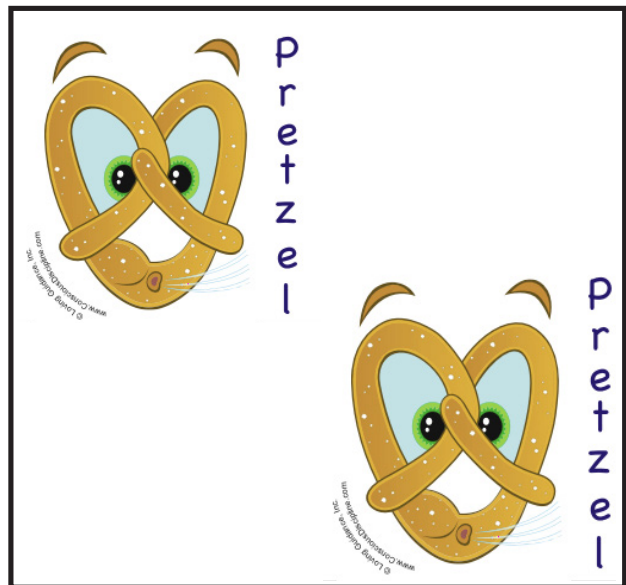
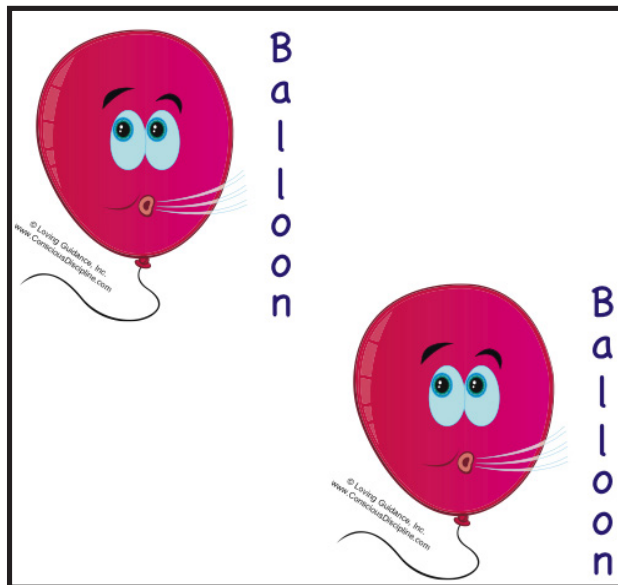
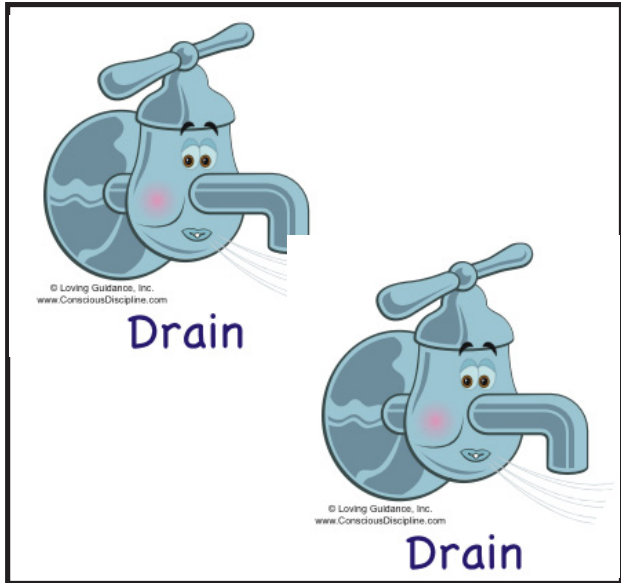
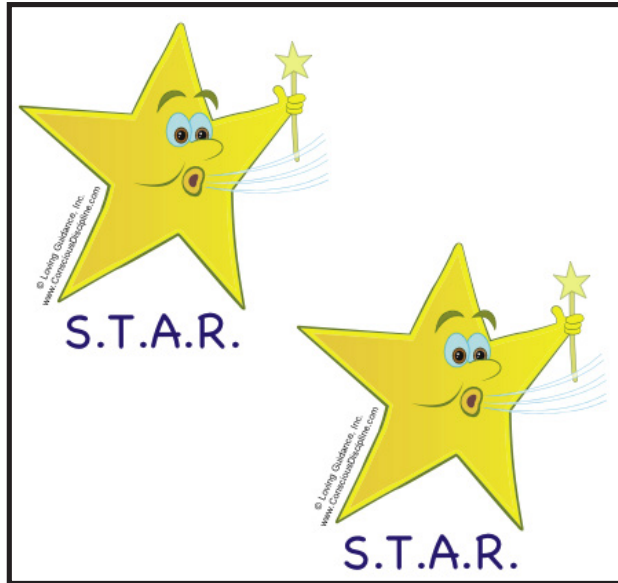
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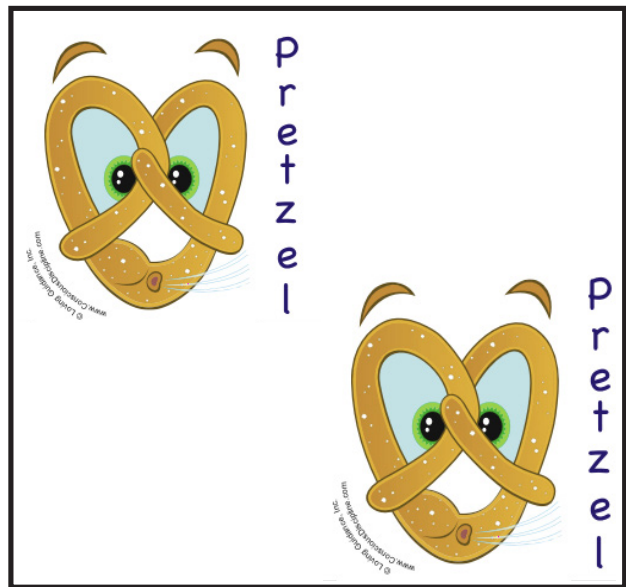
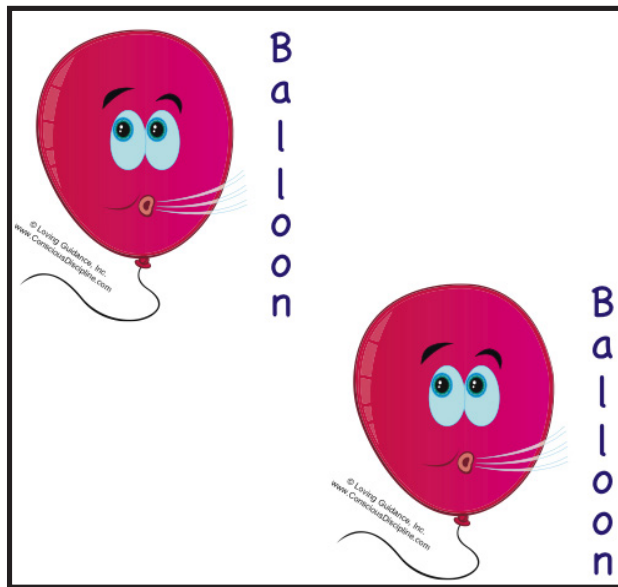
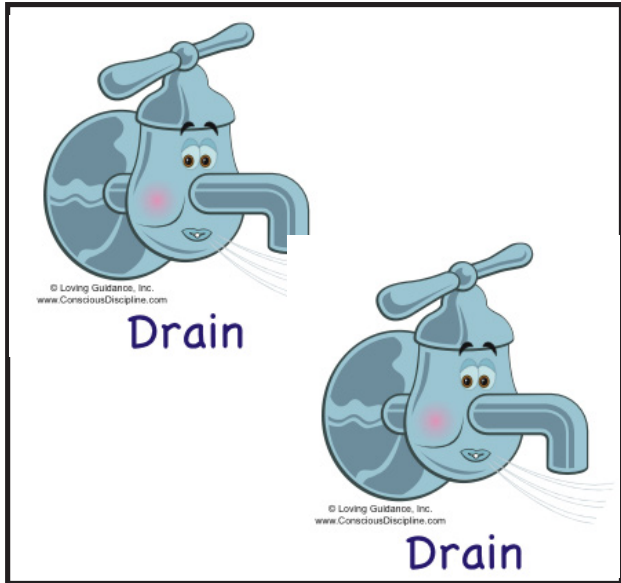
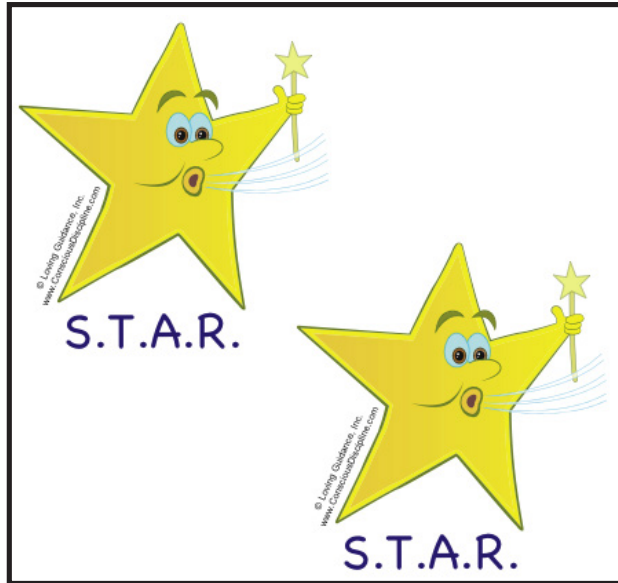
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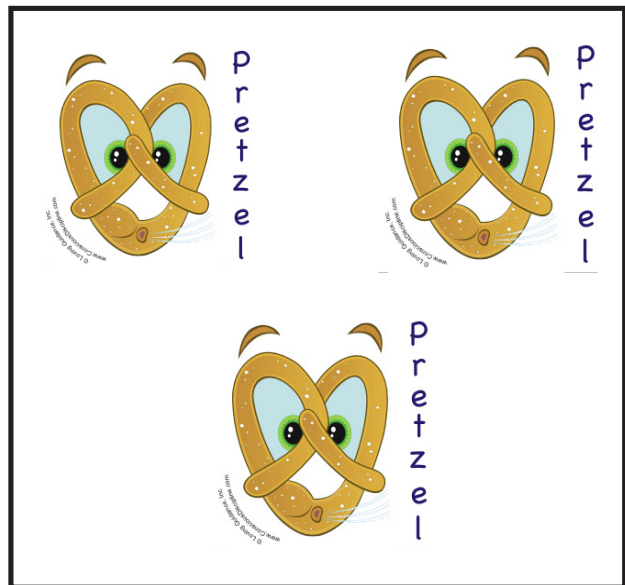
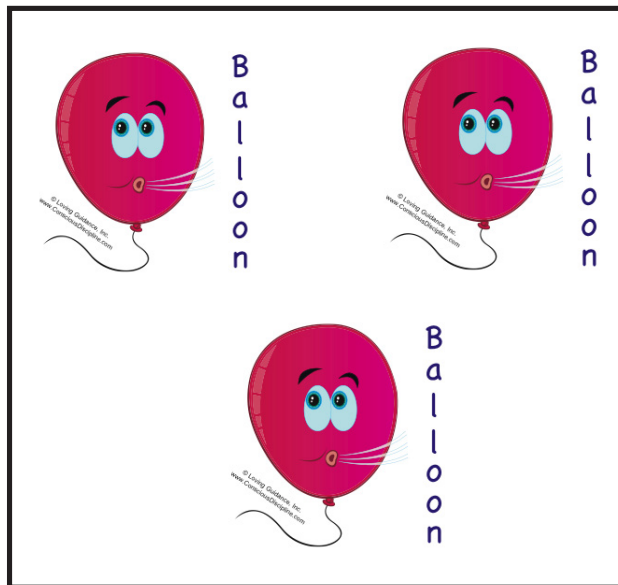
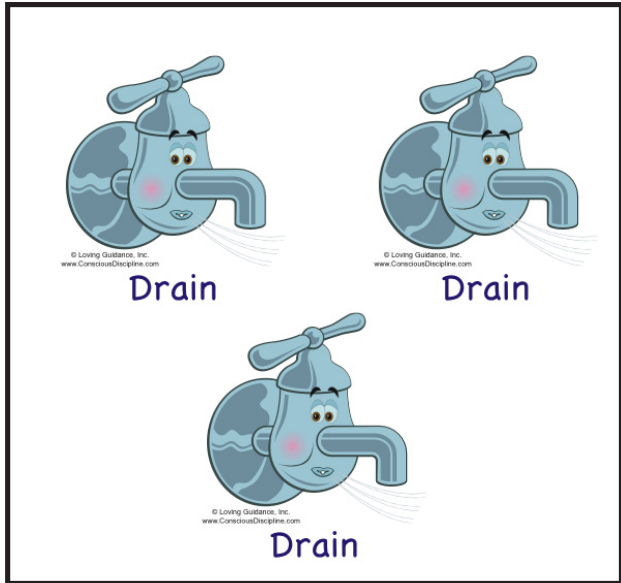
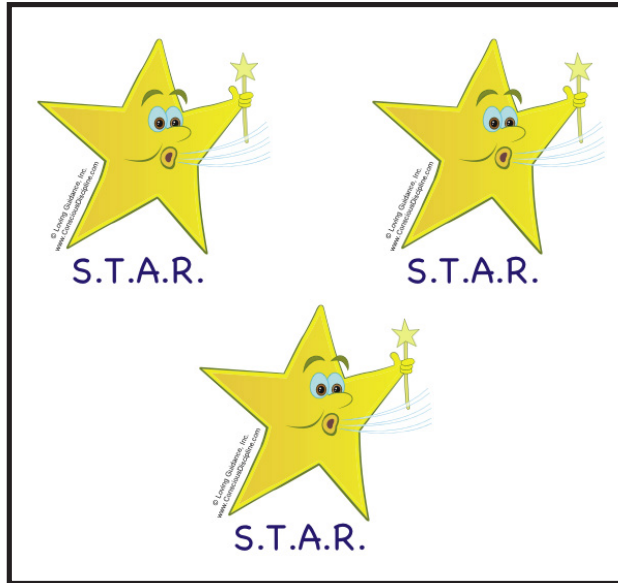


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