

Box Breathing

breath in...



5 seconds



hold for...



5 seconds

Why Box Breathing Is Helpful

Box breathing works well for kids too. Adults can guide them and make it playful—like blowing out as hard as they can or making a silly face while holding their breath. As long as they are breathing and focusing on their breath, their body will still begin to calm.

hold for...



5 seconds

5 seconds



breath out...



***Meet the clinician behind this helpful
resource...***



Brecken Wilkinson



Scan the QR code to learn more about other supportive techniques Brecken uses in session.



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