

## YoYo Breathing

Teaching a young child Yoyo Breathing allows you to lead and pace and capture the child's focus of attention with your hand.

*Let's pretend that your belly is a yoyo and I have the string. As you breathe in way down deep into your belly, the yoyo goes up and as you let go of your breath the yoyo goes down. Not breathing up in your shoulders, but rather way down deep in your belly. That's right, watching my hand – up and down,. . . . in and out.*

*Take a deep breath in slowly and feel the yoyo gently rise and now just as slowly let the air out as you feel the yoyo go down. . . (Lead and pace through several cycles of breathing)*

*This is a very clever yoyo. It can even do tricks, so watch very carefully. (Bring your hand up higher than usual and allow it to drift down even slower or for fun do it fast a few times.) Good. You do have a very clever yoyo. You are doing this very well. In and out . . . . Up and down. . (Lead and pace through several cycles of breathing)*

*This is such a tricky yoyo, it can even go all by itself when I cut the string. (Then pantomime cutting the string with your index and middle finger.)*

*That's right - up and down as you breathe in and out. (Time your words the to the child's breathing. If the child is breathing too fast, talk slower to pace the child's breathing to your voice.)*

*.Breathing in comfy feelings and letting go of tightness. . . .slow and deep. . . That's right, very good. You are doing this very well. Perhaps you are beginning to notice that each time you let go of your breath - you let go of tightness in your muscles. . . .you let go of bad thoughts. . . .breathe in happy thoughts and let go of worries.*

*Nice and slow. . . getting more and more comfortable with each breath. . . deeper relaxed. . .feeling your yoyo belly rise and fall with*

*each breath. . . .making you more and more relaxed. . more and more comfy. . .*

*That's right . . . . . big gentle breaths. . . . .slow and deep. . . . .each breath making you more calm. . . .more comfortable . . . . .more relaxed . . . . .*

*Fill yourself with all those good, comfy, safe feelings. Feel them inside your toes, your fingers, your tummy, even inside your brain . . .*

*Hm.m.m.m.m.*

*So relaxing, . . so comfortable. . .*

*I wonder how wonderful it will be for you to discover how many different ways you can use your yoyo breathing to calm and comfort yourself. Anytime you would like to make your body and your brain feel better, . . feel more calm and comfy, all you need to do is think about that special yoyo belly button that you have and start to take slow deep breaths, feeling the gentle rise and fall of your yoyo belly. Each time you breathe out you will notice that it takes you deeper and deeper relaxed, even more comfy and calm. . . just breathing will do that.*

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