



## Just Breathe: Why Breathing Matters



### Take a Deep Breath

Smell the flower



Blow the pinwheel



Behavior Support Network  
YouTube Video Link:  
[Why Does Breathing Matter?](#)

### Connection Point:



Deep breathing research reveals it benefits memory recall and emotional regulation. It uses your blood circulation, heart, and brain connection to create calm.



Have you asked yourself today:  
Did I remember to take deep breaths?  
Did I take time to breathe with the children or a child in my care?  
Was I intentional with practicing breathing?



During center play move around the classroom and find random yet intentional moments to breathe with your children.



Use books on breathing and calming to support their ability to learn through literacy to self-regulate.

### Tips for Supporting the Village At Home Connection:

**\*Where is a natural part of the day with your family that you can take some deep breaths together?**

**\*Remember to teach the skill of breathing in calm moments throughout the day, so when harder times come for a child, they have had practice.**

### Related Resources & Links

[Breathing Tips and Visual from NCPMI](#)

[Just Breathe Video from Wavecrest Films](#)

[Recommended Book List from Balancing Elephants](#)

[The Heart and Brain Connection Article from Norwest Chiropractic](#)