

# HOT CHOCOLATE BREATHS

THE HOT CHOCOLATE BREATHS TECHNIQUE HELPS CHILDREN TO LEARN DEEP BREATHING BY ALLOWING THEM TO IMAGINE SMELLING HOT COCOA THEN BLOWING ON IT TO COOL IT OFF.

THIS TECHNIQUE WORKS WITH CHILDREN OF ALL AGES AND ADULTS TOO! TRY MAKING A REAL HOT CHOCOLATE TOGETHER AND PRACTICING, THE MEMORY OF THE SMELL AND TASTE OF THE HOT CHOCOLATE WILL HELP TO REINFORCE THE ACTIVITY THROUGH USING SENSES.



## HOT CHOCOLATE BREATHS

© CALM AHOY KIDS

1) PRETEND TO HOLD YOUR HOT CUP OF COCOA IN BOTH HANDS IN FRONT OF YOU.

2) BREATHE IN DEEPLY THE YUMMY SMELL OF THE CHOCOLATE.

3) THEN BLOW OUT TO COOL THE HOT CHOCOLATE. TRY THIS TO THE COUNT OF FIVE.

4) HOW DO YOU FEEL?

© CALM AHOY KIDS

# HOT CHOCOLATE BREATHS

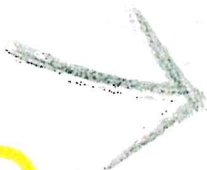


**BREATHE  
IN**



SMELL THE AROMA OF  
THE CHOCOLATE.

**BREATHE  
OUT**



SLOWLY COOL DOWN THE  
HOT CHOCOLATE.

