

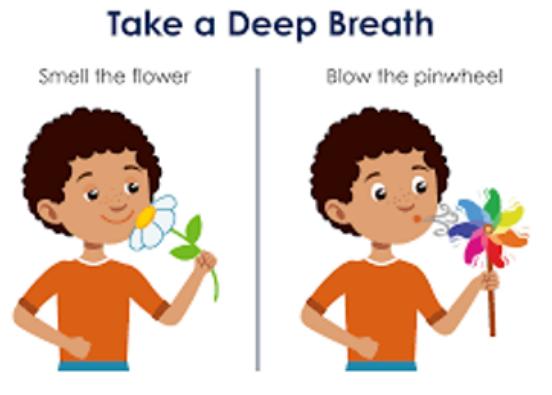
3 years +

# Breathing

Goal: This activity is aimed at promoting self-regulation by practicing different breathing techniques.

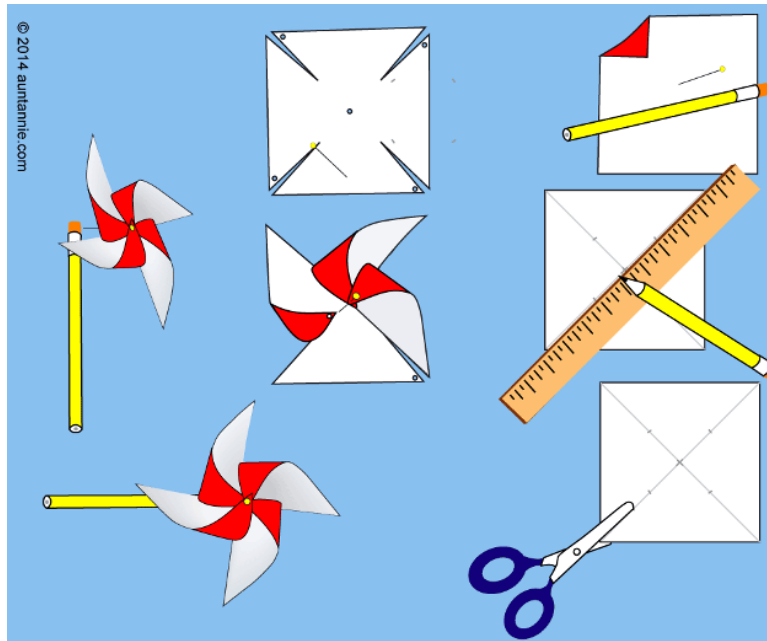
## Materials:

- Computer paper
- Pencil with eraser (unsharpened)
- Straight pin with ball top
- Scissors
- Ruler
- Pencil



## Directions:

1. Start by putting together the pinwheel.
2. Cut a 6" square of paper.
3. Use a pencil and ruler to draw two diagonal lines, corner-to-corner, that cross at the square's center.
4. Mark the center point and mark a point 7 cm from each corner on the diagonal line. Cut on the diagonal line from each corner up to the marked point.
5. Erase pencil marks, except for the center point.
6. Using the straight pin, punch a hole in the center and at every other point (about 1/4" from the tip.) Poke the pin through one of the point holes and curl the point toward the center.
7. Don't fold! Curl each pierced point, in turn, toward the center and poke the pin through the holes.
8. Push the pin through the center hole of the pinwheel.
9. Holding the pencil on a flat surface with one hand, push the pin into the side of the eraser.
10. Hold the pinwheel in your hand and swish it around. The pinwheel should rotate on
11. the pin. If your pinwheel doesn't rotate freely, it is probably rubbing against the pencil. You can fix this problem by inserting the pin into the eraser at a slight upward angle, or by slipping a small bead onto the pin before inserting it into the eraser.



- With a pinwheel for your child and yourself, sit with your back straight and your body relaxed.
- Blow on your pinwheels together using long, deep breaths, and notice how you feel. (Do you feel calm and relaxed? Is it easy or hard to sit still?)
- Now blow on the pinwheels using short, quick breaths. (How does your body feel now? Do you feel the same way after breathing quickly as you did after breathing slowly?)
- Now blow on the pinwheels normally. (How does this feel? What did you notice about how different ways of breathing makes you feel?)



Source: Easy Pinwheel from Aunt Annie's Craft  
<https://www.auntannie.com/FridayFun/Pinwheel/>