



BOX BREATHING



**ORIENT YOURSELF
IN SPACE & TIME**



REPETITIVE AFFIRMATION



THROW STRESS AWAY

ORIENT YOURSELF IN SPACE & TIME

Find a quiet place. Take a slow deep, quiet breath or two. Then ask the child:

Step 1: What are 5 things you see around you?

Step 2: What are 4 things you feel?

Step 3: What are 3 things you hear?

Step 4: What are 2 things you smell?

Step 5: What is 1 thing you taste?

Bringing it to God: Ask if any of their answers reminded them of Bible verses or Bible stories.

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BOX BREATHING

To begin box breathing, stand or sit up tall. Instruct the child to follow these steps:

Step 1: Inhale (take a big breath in) slowly and deeply through your nose while you count to 4.

Step 2: Hold your breath while you count to 4.

Step 3: Exhale (let out your breath) slowly through your mouth while you count to 4.

Step 4: Repeat as many times as needed.

Bringing it to God: Once you are calm, say a prayer or read a Scripture.

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THROW STRESS AWAY

Step 1: Stand with your arms above your head and fists clenched.

Step 2: Exhale forcefully as you throw your hands down toward the ground (but not touching it) and open your fingers. Imagine you're throwing the stress out of your body and into the ground.

Step 3: Repeat as many times as needed.

Bringing it to God: Remind them that we will all feel stressed and anxious from time to time. Review the verse 1 Peter 5:7 NIV that says: "Cast all your anxiety on [God] because he cares for you."

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REPETITIVE AFFIRMATION

Repeat an affirmation verbally until you're feeling calm and confident to move forward.

Example affirmations you can use:

- I am uncomfortable, but I am safe.
- I am calm. I am happy. Today will be a fun and happy day!
 - I am thankful.
- I feel small, but God is bigger and will protect me. (from 2 Thessalonians 3:3)
- I feel like no one hears me, but God is always listening. (from 1 Peter 3:12)

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