



# LET'S GET CRAFTY

## ANGRY DRAGON BREATHING TOOL

What you need...

Toilet paper tube

Green, red, orange and yellow tissue paper (or any colours you like)

Green pom-poms (x2 small, x2 large) (or any colours you like)

Googly eyes x2

Glue and scissors

What to do...

Cover toilet paper tube in glue

Stick on green tissue paper (dragons body)

Make long strips of coloured tissue paper (for fire)

Stick the strips inside one end of the tube

Stick two small pom-poms at the same end as the strips (dragons nostrils)

Stick two large pom-poms at the other end and attach googly eyes to these (dragons eyes)

Remember your child's dragon doesn't have to look like this one... it can be any colour, any shape etc. Allow your child to explore the materials and experiment freely.

Now you're ready to practice dragon breathing (and your dragon roar!) When you blow through the tube the tissue paper strips should wave around and look like fire!



CALM & CONNECT WITH  
**DRAGON BREATHING**



Imagine you are a big fire breathing dragon!  
Take a big deep breath in through your nose  
Pause for three... 1, 2, 3.  
Then breathe out through your mouth making a fierce roar as you do so!  
Repeat three times.

# CALM & CONNECT

## PARENT INFO

Breathing and calming techniques helps us in so many amazing ways...

- 1.It sends a message to our brain to tell us that we are going to be ok!
- 2.It lowers our stress and anxiety.
- 3.It acts as a 'reset' button moving us from flight, flight, freeze into relaxed and responsive.

Making sure we spend a few minutes a day practising these means we are well equipped for when big feelings pop up.

