

SQUEEZE & BREATHE

Pair gentle hand pressure with a comfortable breathing rhythm - without forcing deep breaths.

ALL AGES

2-5 MIN

USE BY CHOICE

WHAT YOU NEED

A soft stress ball, rolled sock, small pillow, or another comfortable object that can be squeezed safely.

TRY IT

- 1 Sit, stand, or move in a way that feels comfortable. Hold the soft object in one or both hands.
- 2 Breathe in gently while slowly squeezing. Breathe out a little longer while releasing the squeeze. Do not hold the breath.
- 3 Repeat up to five times, or stop sooner. Notice whether your hands, shoulders, or breathing feel the same or different.

WHY IT HELPS

Rhythmic squeezing provides tactile feedback, while a comfortable exhale may help the body shift toward a steadier pace. The goal is noticing - not making every feeling go away.

MAKE IT YOURS

If breath focus feels uncomfortable, breathe naturally and only squeeze-release. Try pressing palms together, pushing against a wall, or using another movement the child prefers.

SUPPORT + SAFETY

Never require deep breathing or continued participation. Stop if the child feels dizzy, short of breath, distressed, or uncomfortable. Inspect squeeze items for damage or loose pieces.