

DRAGON BREATHING

Education for Kids: Taking deep breaths can help us calm down when we're feeling big emotions, like when we're angry, frustrated, or even excited! Just like how a dragon breathes fire, we can breathe in deeply to let out all the "big feelings" and feel more in control. When we take slow, deep breaths, it's like giving our bodies and minds a little reset button. This craft helps remind us that it's okay to feel all kinds of emotions and that we can use our breath to help us feel calm and peaceful again.



what you need:

- Toilet paper roll
- Construction paper
- Tissue paper
- 2 large pom-poms
- 2 small pom-poms
- 2 small googly eyes
- Glue
- Tape
- Scissors



INSTRUCTIONS:

- 1. Body:** Wrap a toilet paper roll in construction paper and tape the edges.
- 2. Eyes:** Glue googly eyes onto two large pom-poms and let them dry.
- 3. Fire:** Tape strips of yellow and orange tissue paper inside one end of the roll.
- 4. Face:** Glue the pom-pom eyes to the top of the roll and two smaller pom-poms at the bottom for the nose.
- 5. Play:** Once dry, blow through the top of the roll to make your dragon "breathe" fire!

