

## Big Feelings – Happy and Sad

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We have been learning about Teddy Breathing this week. Design and colour in this teddy that can help us with this special breathing.

### Explanation for parents/caregivers:

Teddy Breathing is a calming activity that you can do with your child. Find a quiet spot, lie down and place a teddy on your child's belly, and another teddy on your belly. Breathe in slowly through the nose, watching the teddy bear rise, and exhale through the mouth, watching the teddy bear lower. Repeat a few times together. This simple technique helps children manage their feelings and relax, and they can practise it anytime they need a moment of calm.

