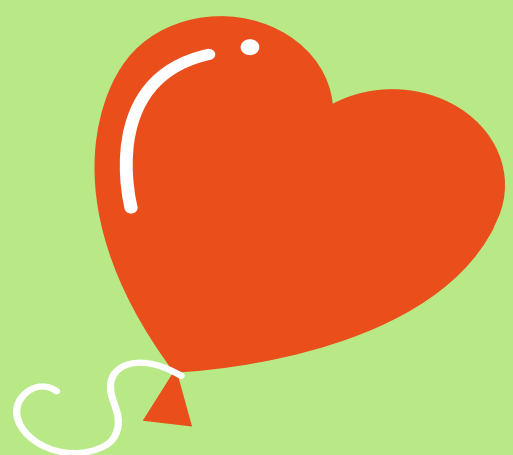


Take the stress out with our...

# Top 9 Breathing Exercise Videos for Children

Written by Carlo Vialu, PT, MBA

Created by SeekFreaks



**Balloon Breaths**



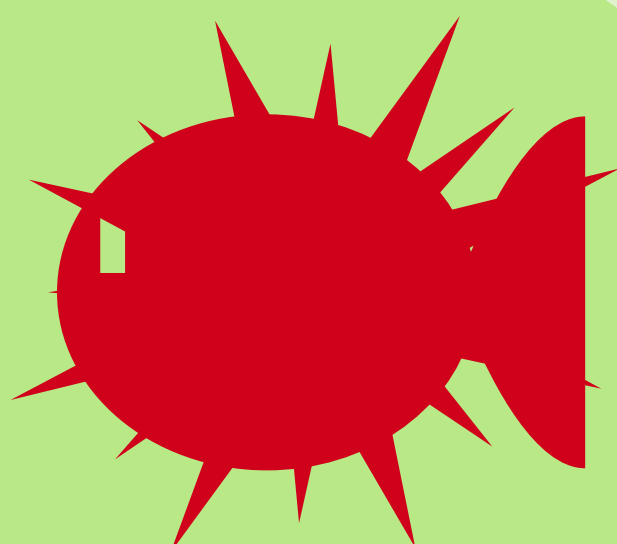
**4-7-8 Breathing**



**Rainbow Breathing**



**Box Breathing**



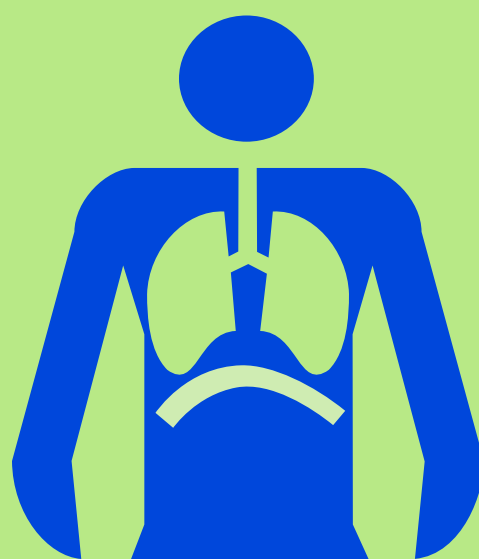
**Square Breathing**



**5 Finger Breathing**



**Belly Breathe Song**



**Diaphragm Breathing**



**Body Scan Meditation**