

Each Breath A Smile
Story by Sister Susan

This book for children is based on teachings by Thich Nhat Hanh. This book teaches young children about deep breathing and connecting your mind and your body to the breath. “Breathing in, I calm my whole body. Breathing out, my whole body is calm. Body, calm”. It helps children to experience a deeper relationship with their friends, family and their environment through mindfulness and deep breathing.

I have used this book with many young children I see in Play Therapy as a way to introduce deep breathing and ways to calm and relax your mind and your body.

As summarized in the book, “Mindfulness is being present each moment of the day, being aware of what is happening here and now. A good way to practice mindfulness is through conscious breathing. It can enrich the interaction between adults and young children, encourage deep listening and help reconnect to the wonders of life.”

What better way to teach children to learn to self soothe as well as develop the art of relaxation then through deep breathing.