

# QUICK TEACHING GUIDE

## Bobbie's Box Breathing & Positive Affirmations

**What's Inside:** Box breathing (calming technique) • Positive affirmations (confidence building) • Happy place visualization (mental safe space)

**Age:** 4-8 years • **Time:** 11-min video (required) + 10-15 min per worksheet (pick what works for your child/class)

**Best Use:** Before stressful events (doctor, first day of school), after a meltdown (teaching for next time), morning routine to set a positive tone, when building a calm-down toolkit, bedtime routine

### ACTIVITY 1: BOX BREATHING (Pages 1-2)

#### Completed Worksheet Reference

Name: .....

## Bobbie's Box Breathing Practice

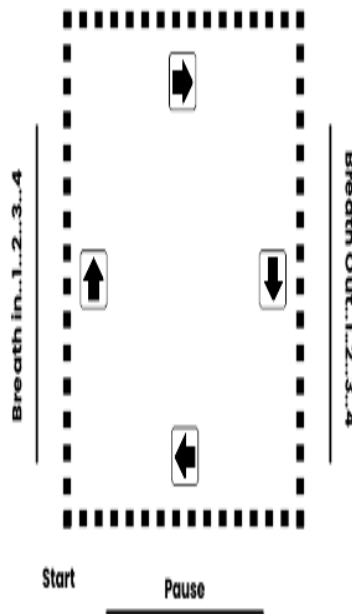
ACTIVITY 1: Trace Bobbie's Box

Let's build your box  
breathing square by  
following each step.

1. Draw these arrows inside the little boxes  
inside your square:



Hold..1..2..3..4



### How to Teach It

- 1. Demonstrate first:** Show them with exaggerated movements (big breath, puffed cheeks)
- 2. Point and count:** Trace the box with your finger, counting slowly "1...2...3...4" for each side
- 3. Practice together:** Do 3 rounds, let them color a star after each

**Quick Tips:** If dizzy, take breaks • Kids might giggle (that's okay!) • Use a pinwheel or stuffed animal to make it fun • Say "Your belly should get big like a balloon"

**When to use:** When scared, angry, can't sleep, need to focus

## ACTIVITY 2: POSITIVE AFFIRMATIONS (Pages 3-4)

### Answer Key - Part 1

A: I am brave like a **LION**  
B: I can do **HARD** things  
C: I am **KIND**  
D: My **FAMILY** and **FRIENDS** love me  
E: Today's going to be a **GREAT** day

### Answer Key - Part 2 (Sample Ideas)

**I am:** brave, kind, smart, creative, funny, strong, helpful, loved  
**I can:** do hard things, make friends, learn, be kind, help others, try again  
**I am good at:** drawing, reading, being a friend, making people laugh, sharing, helping

### How to Teach It

1. **Practice saying them out loud:** "Put your hand on your heart and repeat after me"
2. **For Part 2, ask:** "What are you proud of?" "What do people say you're good at?" "What makes you special?"
3. **If they're stuck:** Let them dictate while you write, or share your own affirmations first

**Watch for:** If they write negative things ("I'm bad at..."), gently redirect: "Let's flip that! What ARE you good at?"  
**Family note:** If complicated family situation, broaden "family" to include all caring adults  
**Make it stick:** Say affirmations daily (mornings work great!) or create an affirmation jar

## ACTIVITY 3: MY HAPPY PLACE (Pages 5-6)

### Sample Answers

**Happy places might be:** bedroom, beach, park, grandma's house, treehouse, forest, outer space, castle, library

**What they see:** trees, water, toys, family, blue sky, stars

**What they hear:** birds, waves, laughter, music, peaceful silence

**What they smell:** flowers, cookies, ocean air, fresh grass, mom's perfume

### How to Teach It

**1. Guide visualization first:** "Close your eyes. Imagine a place where you feel totally calm and safe. What do you see?"

**2. Remind them:** Can be real OR imaginary, no right answer

**3. While drawing, ask:** "Is it inside or outside?" "Are you alone or with someone?" "What colors do you see?"

**4. For describing, focus on senses:** "If I was there with you, what would I smell?"

**If stuck:** Suggest they think of a time they felt really happy

**Perfectionism:** Remind them it's about the feeling, not perfect art

**Use it later:** During stressful moments say "Remember your happy place? Let's go there in our minds"

**Make a meditation:** Guide them through their description with eyes closed

## QUICK TROUBLESHOOTING

**Won't take it seriously?** Model it yourself when YOU'RE stressed

**Says it's "babyish"?** Explain athletes and successful people use these tools

**Breathing makes them anxious?** Try shorter counts (1-2-3) instead

**Gets emotional during affirmations?** That's normal and healthy!

**Wrote concerning things?** Gently explore and consider if they need extra support

## SIGNS IT'S WORKING

- ✓ Child uses box breathing on their own
- ✓ You hear them repeating affirmations
- ✓ They mention their happy place during tough moments
- ✓ Fewer meltdowns or faster recovery
- ✓ Increased confidence

**Remember:** The goal is practice, not perfection. Even using these tools once in a while builds their emotional toolkit. Most importantly—use them yourself! Kids learn by watching you model healthy coping strategies.

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