



FIRE BREATHING

Used For:

Relaxation

Supplies Needed

- 1 Green Cardstock
- 2 Large Green Pompoms
- 2 Googly Eyes
- 2 Small Green Pompoms
- Red, Orange, and Yellow Tissue Paper

Why it is important:

Fire breathing is a tool that teaches young children how to take a deep breath in through their noses, then blow the air out of their mouths to make the fire move. Practicing breathing helps when you feel overwhelmed, upset, or frustrated.

Detailed Description:

1. Prepare the Pipe Cleaners
 - Take two pipe cleaners and twist around a pen or pencil
2. Shape the Body and Head
 - Twist the pipe cleaner a bit to make a head at one end. This is where you will be gluing the googly eyes.
3. Attach Googly Eyes
 - Glue two googly eyes to the end of the worm.