



Dragon Breaths to Calm Down



Sometimes I feel upset. My heart beats fast. My tummy feels funny.

DRAGON BREATH



I want to feel calm again. I can pretend to be a dragon.



Dragons breathe fire. I can breathe like a dragon too.



I take a deep breath in. I imagine warm fire in my belly.



I blow out slowly. The fire gently leaves my mouth.



I do this again. My body feels softer and calmer.



I can be a dragon anytime. Breathing helps me feel better.



I am strong like a dragon. I can calm myself down.

Vocabulary

⇒ ■ Vocabulary:

1. **Upset**

- Feeling sad or bothered

2. **Calm**

- Feeling peaceful and relaxed

3. **Dragon**

- A big, magical creature that can breathe fire

4. **Breathe**

- Taking air in and out through your mouth or nose

5. **Deep Breath**

- Breathing in a lot of air slowly

6. **Imagine**

- Thinking about something in your mind

7. **Warm**

- Feeling a little bit hot, like sunshine

8. **Strong**

- Being powerful and able to do things well

Spellings

A: Dragon

B: Dragun

A: Calm

B: Callm

A: Breath

B: Braeth

A: Imagine

B: Emagine

A: Fire

B: Fyre

A: Strong

B: Stronge

A: Better

B: Betar

A: Slowly

B: Slowely

Comprehension Questions

1. What can you do when you feel upset?

A: Pretend to be a dragon and breathe

B: Yell and stomp your feet

2. How do dragons breathe?

A: They breathe fire

B: They breathe water

3. What should you imagine when you take a deep breath?

A: Warm fire in your belly

B: Ice in your tummy

4. How should you breathe out like a dragon?

A: Blow out slowly

B: Blow out quickly

5. What happens to your body when you breathe like a dragon?

A: It feels softer and calmer

B: It feels tighter and upset

6. When can you pretend to be a dragon?

A: Anytime you want to feel better

B: Only when you are playing outside

7. What does pretending to be a dragon help you do?

A: Calm yourself down

B: Run faster

Open-Ended Questions

1. How do you feel in your body when you start to get upset?
2. What do you think about when you pretend to be a dragon?
3. How does breathing like a dragon help you feel calmer?
4. Can you show me how you do your dragon breaths?
5. When else might you use dragon breaths to help you feel better?