



# Relax and Breathe

## CONQUER FEARS



**RESPOND** to the way breathing patterns mirror the way you feel. When you get excited or frightened your breathing tends to be fast and shallow. When you are relaxed it is slower and more regular. You can help your body and mind relax by intentionally breathing slowly and deeply.



**CONNECT** breathing with relaxing, creating, and overall wellbeing. The vagus nerve sends signals from your brain throughout your body to control your breathing, heart rate, digestion, reflexes, and sense of wellbeing. Slowly pushing all the air out when you exhale stimulates your vagus nerve and activates the body's rest and relax mode. Try it now. Exhale slowly and fully. How does that feel?



**CREATE** art that represents a calm state of being. Consider the colors, shapes, and patterns that come to mind when you are relaxed. How could your art show what deep, slow breathing feels like and the impact it has on your body and mind?



**PRESENT** your art to family members. Display the calming images in a place where you can gaze at them while getting ready for bed. Perhaps tape them to a bathroom mirror or hang them above the bed so you can look up at calming art as you try to fall asleep.

### Note for teachers and parents:

For more creative inspiration and hands-on explorations go to [Crayola.com/CreativityWeek](https://Crayola.com/CreativityWeek)  
To share student artwork on social media please post using #CrayolaCreativityWeek



**Penguin  
Young  
Readers**

*Good Night Thoughts*  
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**Learning**

**Imagination in Action**  
Thinking Sheet

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