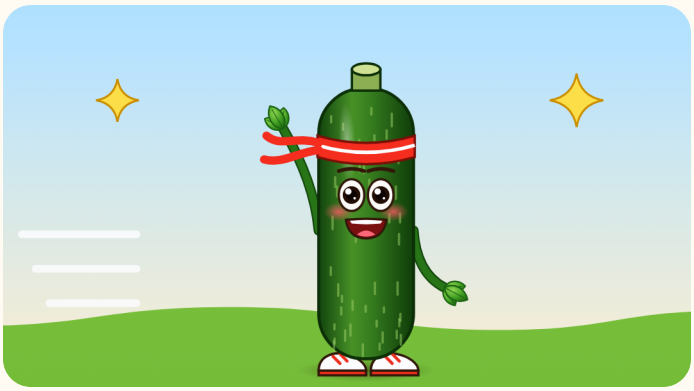
Zuki's Slow-Down Breathing Cards



Zuki is the fastest squash in Pumpkin's Patch. But sometimes going fast doesn't help.

When your body feels too fast, too wiggly or too cross, pick a card and slow down with Zuki!

Pumpkin Breath



Card 1 • with Pumpkin

1. Breathe in slowly through your nose.
2. Puff your cheeks out big and round, like a pumpkin.
3. Let the air out slowly: pfffff.

Say it: **Big and round, then slow and down.**

Smell the Sunflower

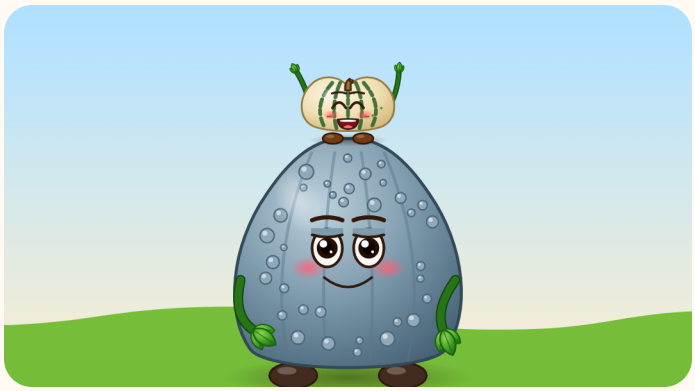


Card 2 • with Sammy

1. Pretend you are holding a sunflower.
2. Smell it slowly through your nose: sniiiff.
3. Blow the seeds away gently through your mouth: whooo.

Say it: **Smell the flower, blow the seeds.**

Big Belly Breath

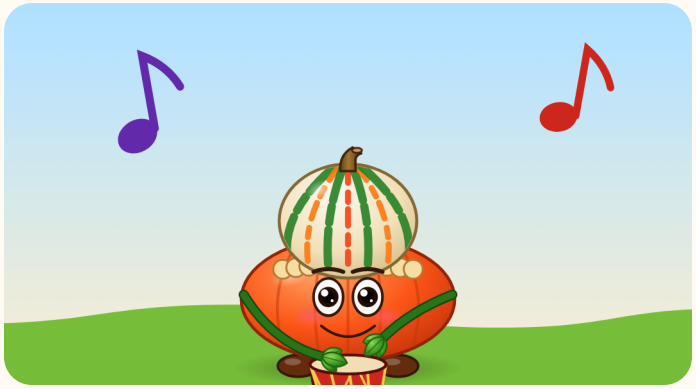


Card 3 • with Hubert and Dot

1. Lie down or sit, and put your hands on your tummy.
2. Breathe in: your tummy grows big, like Hubert!
3. Breathe out: your tummy goes down. Put a toy on top and give it a ride, like Dot!

Say it: **Up goes Dot, down goes Dot.**

Tully's Humming Breath



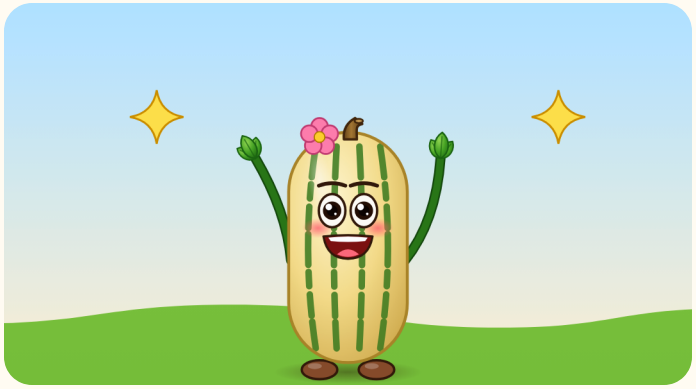
Card 4 • with Tully

1. Breathe in slowly through your nose.
2. Close your mouth and hum as you breathe out: mmmmm.
3. Feel the buzzy hum in your lips. Hum three times.

Say it: **Breathe in, hum it out.**

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Leaves Up High



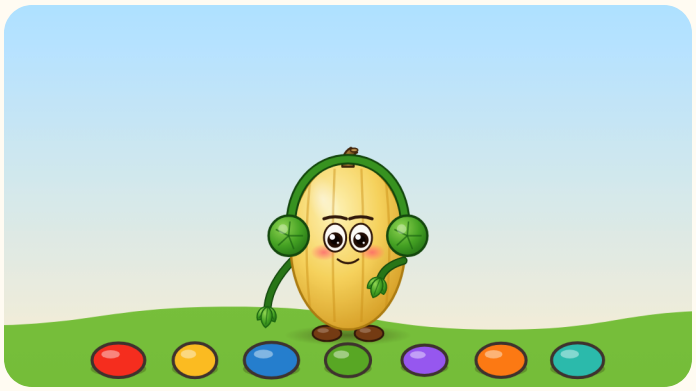
Card 5 • with Della

1. Breathe in and lift your arms up high, like Della.
2. Wiggle your fingers at the top.
3. Breathe out and bring your arms slowly back down.

Say it: **Up and wiggle, down and still.**

PUMPKIN'S PATCH • THE GREAT HARVEST MAZE

Sammy's Pebble Count



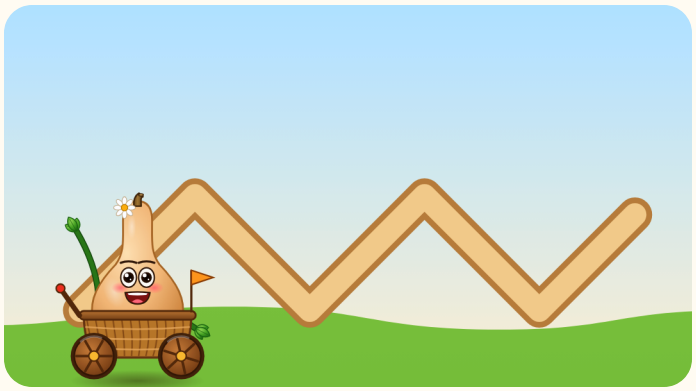
Card 6 • with Sammy

1. Hold a pebble (or pretend to).
2. Breathe in as you count 1, 2, 3, 4.
3. Breathe out as you count 1, 2, 3, 4. Do it again for every pebble in your row.

Say it: **In for four, out for four.**

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Zigzag Path Breath



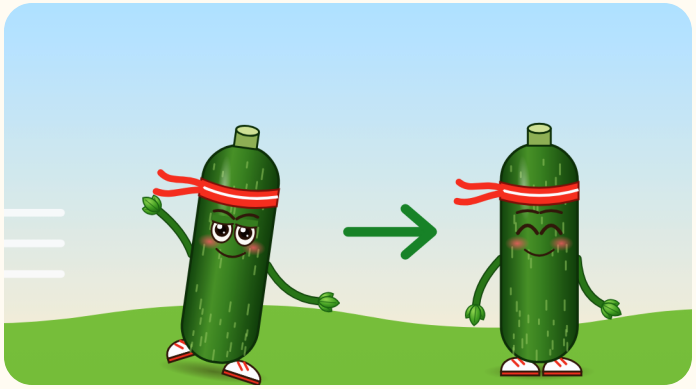
Card 7 • with Bea

1. Put your finger at the start of the zigzag.
2. Breathe in as you trace up the hill.
3. Breathe out as you trace down. Zig and zag all the way to the end!

Say it: **Up I breathe in, down I breathe out.**

PUMPKIN'S PATCH • THE GREAT HARVEST MAZE

Zuki's Ready, Steady, SLOW



Card 8 • with Zuki

1. Run fast on the spot for 10 seconds, like Zuki!
2. Stop. Put your hand on your heart. Can you feel it going fast?
3. Take 3 slow breaths, and feel your heart slow down.

Say it: **Fast feet, slow breaths.**

How Fast Is My Body?

Point to how your body feels right now.

Zoom-zoom fast!
Too fast, cross or wiggly

A bit speedy
Getting fizzy and fidgety

Just right
Calm and ready to play

Red or yellow? Pick a breathing card and slow down with Zuki. Then check again!

My Slow-Down Plan



When I feel too fast, I can...

My favorite breathing card is...

A grown-up who can help me is...

For Grown-ups

- **Practice when calm.** Try one card a day at circle time, so children know them before big feelings come.
- **Breathe together.** Children copy you. Slow your own breathing first.
- **Offer, don't force.** Let the child choose a card. Some children need to move first (try card 8).
- **Keep it short.** 3 to 5 slow breaths is plenty. Stop if a child feels dizzy.
- **Name the feeling.** "Your body feels fast. Let's slow down together."
- **From the story:** Zuki learned that going fast doesn't help if you're going the wrong way, and that fast isn't the only way to be great.