Play, learn and grow!
We hope you will enjoy using these suggested activities and support materials from Vermont PBS and its Emmy-nominated music series for kids, *Mister Chris and Friends*, to bring multi-media learning opportunities to life in your classroom.

Today’s lesson and activity: Just breathe.
For a child, losing a favorite toy or not being able to find a beloved pet, can be a very stressful event. It’s important to teach young children strategies to better control and regulate their emotions during a stressful time. This activity focuses on breathing as a way to manage feelings of worry and concern. Strong social-emotional development skills early in a child’s development can lead to cognitive or academic success later in life.

Let’s play!
Pausing to take a deep breath during stressful situations can offer some much needed relief. You and your child will learn a simple self-soothing technique to use whenever your child is experiencing strong feelings of worry and stress.

Everyone can participate!
Help children listen to their bodies and play within their level of skill and comfort.

Materials and preparation:
- Visit PBS Learning Media (PBSLearningMedia.org) to watch the Educational Clip from the *Lost and Found* episode of *Mister Chris and Friends* featuring Mister Chris and his friend Claire.
- Get a stuffed animal that is one of your child’s favorites.
- Learn the ‘breathing’ statement provided in the ‘How To Play’ instructions below.

How to play:
1. Have your child choose one toy or stuffed animal that they care for and set it on or near their belly.
2. Have the child observe the toy or stuffed animal rising or falling as they breathe in and out.
3. Then teach the child to count from 1 to 3 on the inhale and count down from 3 to 1 on the exhale. Repeat this until the child understands the concept and can replicate on their own.
4. Now share the following breathing statement with the child by telling them they can say this to themselves when a stressful situation arises- “Let’s count down- three, two, one.”
5. Tip: Practice makes perfect. Find times throughout the day to practice this technique to be prepared to use it when a real stressful situation arises for the child.
Good to know:
Simply have fun! There is no right or wrong way to do this activity. When children talk to grownups and other children about what they learn, they remember more! Have fun and enjoy the process!

Vermont Early Learning Standards (VELS)

Approaches to Learning: Social-Emotional Learning
• Children express a range of emotions and regulate their emotional responses.